



Community Connections NEWCOMER SUMMER WALKING CLUB

Do you enjoy walking or running outdoors?
Do you want to get active and need support?

To join contact Maria
905-686-2661 Ext. 109
mabogado@cdcd.org

Join our virtual summer walking club!

- daily check-ins
- motivational conversations
- weekly walking challenges
- healthy tips

Starting July 12, 2021



Welcome Centre - Ajax
458 Fairall Street, Unit 5
Ajax, ON L1S 1R6

Toll-free: 1-877-761-1155
www.welcomecentre.ca



For more information, contact Maria Abogado

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