



Central Brampton
Family Health Team



CBFHT WALKING CLUB

WINTER INDOOR WALKING CLUB
ALL AGES WELCOME!

JOIN OUR HEALTH EDUCATOR FOR A
WALK AND HEALTH TALK AROUND
BRAMALEA CITY CENTER! MEET NEW
PEOPLE, LEARN ABOUT YOUR
HEALTH, AND AFTERWARDS YOU
CAN DO SOME SHOPPING!

FREE

Every Friday

11:00am

December 1st-22nd

Bramalea City Center

**Meet at the entrance 4
(in the covered parking by Shoppers Drugmart)**

More Info:



(905) 456-7111



www.cbfht.ca



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