



Steps with Seniors STARTING MAY 2019

- **A FREE low-intensity, low-impact, 50+ group walking program!**
- 6-week program, twice weekly walks.
- All levels of walkers are welcome.
- Learn about nutrition, arthritis, and exercise.
- Group socializing helps keep you motivated!



Wednesdays & Fridays

**May 15 – June 21
10:30-11:30AM**

**Spencer House
5596 Morris St.**

 **SPENCER HOUSE**
here with friends

REGISTER TODAY!

Call us at 902-429-7025 ext. 8233

Or call Spencer House at 902-421-6131

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New Horizons for Seniors Program

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Arthritis
SOCIETY