

Get **W.I.T.H.** It!

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JOIN US **Walking In The Halls**

WARM • SAFE • FREE • FUN

Get W.I.T.H. It! (Walking In The Halls) is a FREE, grassroots community walking initiative that invites everyone to **get with** the benefits of walking during the colder, darker months of winter. Drop-in format—no need to pre-register.

Choose Mild (no stairs), Moderate or Intense walking route options.

ALL AGES AND ABILITIES WELCOME.

Please note—

- Don't forget your walking shoes, a water bottle and a snack (if required).
- **Get W.I.T.H. It** is child friendly.
- If it is a school holiday, the walking program will be cancelled for that day also.

FOR MORE INFORMATION:
613-756-2747 (Township office)

**Every Tuesday and Thursday
from 5 pm to 7 pm**

**Launch: September 22, 2009
until March Break**

Madawaska Valley District High School

GREAT MUSIC! • FREE LOG BOOKS!
PEDOMETER LOAN PROGRAM!



Champlainhealthline.ca



KidActive.ca



Physical Activity Network > RENFREW COUNTY