



Walk in the Park

The Walk in the Park program provides training and support to help establish volunteer-led walking groups for seniors in the community! This program is designed to help older adults develop leadership skills, stay active and build meaningful connections with nature and each other.

Join Park People for a guided walk through **Milne Dame Conservation Park** to learn more about this program and the volunteer training we will be offering this winter! No previous experience required. Open to all fitness levels.

Tuesday, November 19, 2019

10:30 am to noon

Milne Dame Conservation Park • 8251 McCowan Road, Markham
(Rain date: November 20, 2019 at 10:30am)

Reserve your spot today! <https://walkinthepark-markham.eventbrite.com>

- Please wear comfortable walking shoes and dress for the weather.
- The pace of the walk will be slow to moderate on even ground.

Questions? Please contact Jill Kelly at jkelly@parkpeople.ca