

## Morning Walking for Wellness

Monday - Friday

8:30 am - 10:30 am

Stockade - Kinetic Park

**Beginning October 25** 

All dates except: Nov. 12

Some days will be in the Palliser

**Ending December 21** 



## **Evening Walking for Wellness**

Mondays & Thursdays

6:30 - 8:00 pm

Swift Current Comp High School

Beginning October 15

All dates except:

Nov. 12, Dec. 6 & 13

Visit www.swiftcurrent.ca event calendar for any changes Community Services@ (306)778-2787

FREE!

