

WALKING CLUB

Mondays and Wednesdays 6:00PM - 8:00PM

Opeongo Highschool

1990 Cobden Rd, Douglas

Beginning Monday, November 2nd 2026 to
Wednesday, April 28th

BENEFITS OF GROUP WALKING

- Improved Health (Blood Pressure, Heart Rate, Depression, Overall Fitness)
- Increased Motivation
- Social Opportunities



No registration required

Holidays and School Closure Days Excluded

