



BEREAVEMENT

WALKING

GROUP



FREE WALKING GROUP

for adults who are grieving the death of a loved one

Join trained volunteers for fresh air and exercise with others who are grieving. Share your experiences, receive support – or simply just walk with others who understand.

Walking Group Details:

Thursdays at 10:00am

Starting July 22, 2021

Rain or Shine

Register with:

Carole LaTour

289-259-1847

clatour@acclaimhealth.ca



2370 Speers Road
Oakville, ON, L6L 5M2
(905) 827-8800 Toll-free: 1 (800) 387-7127
www.acclaimhealth.ca

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