

➤ **EVERYONE is Welcome!**

➤ **A lending pedometer program is available**



➤ **Don't forget your walking shoes & water bottle!**



Volunteers

Miramichi Lodge is always in need of dedicated volunteers.

For more information on how to become a "Get With It" Walking Program

Volunteer, please contact:

Nancy Lemire,
Client Programs Supervisor:
613-735-0175 Ext. 122
nlemire@countyofrenfrew.on.ca



Community Walking Program

Warm – Safe – Free – Fun
Tuesdays & Thursdays
between 9:30 & 11:30 am

613-735-0175
Ext. 215

With a person-centered approach, our Home strives for excellence

Walking Program

Looking for a way to start or continue a walking program?

There is a walking program for the community at Miramichi Lodge. It runs Tuesday and Thursday mornings. Participants can drop into the Lodge anytime between 9:30 and 11:30 am on these mornings.

Because of our partnership with the University of Ottawa Heart Institute and the County of Renfrew Emergency Services, this walking program meets the criteria of a Heart Wise Exercise Program; Volunteers who are trained in CPR/AED are on site during these times



Statistics

Statistics indicate that diseases such as diabetes and heart disease have reached serious levels in Renfrew County. We are pleased to provide a program that can help to improve the health of our community.

Miramichi Lodge was designed with a number of large public spaces and we are happy to 'give back' to the community that continues to support the Lodge.

Get W.I.T.H. It



Be Active ...

Come for a **'Walk In The Halls'**

Cost

Because of the commitment of our dedicated volunteers, we are able to provide this program at **NO COST** to participants.



Contact Information

**Karen Fabian,
Administrative Assistant:**

613-735-0175 Ext. 215

kfabian@countyofrenfrew.on.ca