

**FREE PROGRAM**

# Get W.I.T.H. It!



**FALL 2021 SESSION**

**EVERY TUESDAY & THURSDAY**

**NOVEMBER 2 - DECEMBER 16**

**8:30 AM TO 9:25 AM**

**CORNWALL SQUARE SHOPPING CENTRE**

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**Get W.I.T.H. It! (Walking in the Halls) is a FREE volunteer led Heartwise program organized by the Seaway Valley Community Health Centre.**

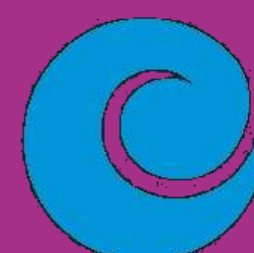
**Walking indoors is a safe alternative for anyone who wants to exercise during the colder, darker months of winter.**

**REGISTER NOW AT:  
[SEAWAYVALLEYCHC.CA/PROGRAM-REGISTRATION](https://seawayvalleychc.ca/program-registration)  
OR CALL 1-888-936-0306 EXT. 229**

**SPACES ARE LIMITED.**



353 Pitt St,  
Cornwall, ON



Seaway Valley  
Community Health Centre