



# DAFHT WEEKLY WALK FOR WELLNESS

**EVERY FRIDAY  
9:00 -10:00AM**

**May to November Each Year**

Come join active health professionals from the Dufferin Area Family Health Team and Eramosa Physiotherapy as they practice what they preach! Meet new people as you enjoy the gentle trails of Island lake. A great way to improve health and wellbeing!



**FREE!**

**ALL WELCOME**

**WALK THE ISLAND  
LAKE TRAIL-  
LEAVING FROM THE  
HOME HARDWARE  
PARKING LOT**

**RAIN OR SHINE,  
PLEASE DRESS  
ACCORDINGLY**

**FOR MORE  
INFORMATION,  
PLEASE CONTACT  
THE DAFHT OFFICE  
BELOW**

**Dufferin Area  
Family Health  
Team**

**519-938-8802,  
Extension 314**

**[www.dafht.ca](http://www.dafht.ca)**