



TAKE A **STEP** TOWARD BETTER HEALTH

This walking program is a fun and safe place to take a walk (at your own pace), learn health tips from local healthcare professionals, and meet new people. The events are **FREE** and all are welcome!

Walking on the
3rd Saturday of every
month, 9:30 - 10:30 AM

Walk Location:
K&P/ Waterfront Trail –
Douglas Fluhrer Park
2 North St, Kingston, ON

SCAN TO
LEARN MORE:



WALKwith a **DOC**.org



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