## WALK A MILE IN MY SHOES PROGRAM



Free walking program for seniors in Richmond Hill

Walk with us by foot, with a walker or wheelchair, and the assistance of trained volunteers

WALKS BEGIN MAY 16TH, 2022 TO JOIN, CONTACT US AT: (905) 237-1419 OR (647) 464-0602 EMAIL: VP.MLLIVING@GMAIL.COM



Supported by CMHA

