

WALK *n'* ROLL

Schedule

Meet every Wednesday at 10:30am | 1.5 Hours
Bring Water Bottle | Wear Comfortable Shoes
Dress Appropriately for weather conditions

March

1 MCARTHUR ISLAND

Meet at the Gazebo by ice rink.

8 RIVERSIDE PARK

Meet in parking lot behind Sandman Centre near LOVE sign.

15 ABERDEEN MALL

Meet at the bottom floor by the escalators.

22 WESTSYDE RIVER TRAILS

Meet at Westmount Elementary walk south towards the train bridge.

29 AVIATION WAY

Meet at the Float Plane dock parking lot.
(Dog Friendly Area)

April

5 SCHUBERT RIVER TRAIL

Meet at St. Overlanders Memorial Park

12 DYKE WALK

Meet at the Petting Zoo.

19 RIVER TRAILS

Meet at Pioneer Park

26 ABERDEEN MALL

Meet at the bottom floor by the escalators.



Creating a **Better Tomorrow**
for People Living With Disabilities

HAVE YOU CHECKED OUT ANY OF OUR OTHER PROGRAMS & ACTIVITIES?

Diverse Designs

Adult Social Club

Life Skills

Basic Cooking

Coffee & Cards

For more information or to register contact

Mindy Doutaz
Education & Program Coordinator

250-376-7878 x 2
programs@peopleinmotion.org

FOLLOW US ON
Social Media

For organization news, program updates,
contests and more!

