



TAKE A **STEP** TOWARD BETTER HEALTH!

Sat. August 30, 2025 – 11:00 AM to 12:00 PM

Leader: Dr. Blanchette

Location: Erindale Park

**1695 Dundas St W, Mississauga, ON L5C 1J4
(Meet at: Gondola)**

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 event is **FREE** and all are welcome!

WALKwith a **DOC.org**

Learn more and register:



We are part of an international nonprofit – Chapter #20542