

WALKING FOR WELLNESS GROUP



Where: Kinsmen Park, Strathmore

When: Every Friday 2:00 – 3:30
Starting July 5 until September 27, 2024

There is increasing evidence that physical activity and movement have a profound effect on mood, anxiety, depression, and learning. Our hope for participants is to experience the benefits of walking in a support and social atmosphere to improve their overall mental health and well-being.

How does walking improve wellness?

- Physical activity has been shown to increase the release of brain chemicals that affect our mood and make us feel better.
- By getting active, it engages us to meet new people, which helps decrease feelings of isolation and loneliness.
- Walking can help to create new personal goals for and increase our sense of purpose.
- Our self-esteem can be boosted and the way we look and feel about ourselves can improve.
- Physical activity helps to improve our attention and focus, and also helps to decrease pain.

What to Expect

- Confidentiality and a safe place with a respectful and non-judgmental attitude.
- The opportunity to connect with nature, engage with others, increase your mindfulness skills, and your overall sense of wellbeing.
- This group is not meant to delve into personal problems.
- **We will be walking outside so please dress comfortably in clothing suitable for the day's weather and bring a water bottle.**

Group Facilitator

- Joanne Simpson

For more information call Joanne
(403) 361-7277