



Ottawa Walking Day Celebration



Friday, May 8, 2015

9 a.m. to 12 noon

Lansdowne Park, 1015 Bank Street

You are invited to join us for a morning of networking and guided walks in the Park and along the canal.

- The Ottawa International Walking Festival will be leading a 1, 3, 5, 8 km walk along the canal.
- The Parent Resource and The Early Years Centres will be hosting a StoryWalk for parents, caregivers and children.
- HeartWise Exercise will provide two sessions of Nordic Pole Walking demonstrations and a short walk.
- Rama Lotus Yoga Centre will be leading Yoga for Walkers.
- GoodLife Fitness at Lansdowne will provide two sessions of gentle exercises for Seniors and people with disabilities.

Free Admission, Register online today at:

OttawaWalkDay.Eventbrite.ca

For more information call:

613-580-6744, ext. 23514

Gottawalk.ca

 **LANSDOWNE**
Park

