



# **SNOWSHOE SOCIAL**

**You're Invited to ring in the new year with us by  
joining in a community snowshoe trek!**

**ALL AGES welcome; hot chocolate/coffee, smores, and hot dogs provided.**

**SATURDAY, 14 of January**

**Meet at Health Centre**

**Starts at 2:00 pm**

## **SNOWSHOES PROVIDED**

### **FACTS:**

**Improves your sense of well-being by connecting to nature.**

**Great but low cardio workout**

**Muscle building exercise**

