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## **PUBLIC SERVICE ANNOUNCEMENT**

October 23, 2017

For immediate release

### **Free indoor walking program starts in Nipawin**

A free indoor walking program will be starting in Nipawin today.

Strides & Strength will be held from Monday to Saturday 7 a.m. – 12 noon at the Evergreen Centre in Nipawin beginning Monday, October 23<sup>rd</sup>. Exercise sessions will be held Monday and Wednesday between 9:30 and 10 a.m.

Anyone can participate in the program upon completion of a simple health care questionnaire.

For more information, call 306-862-7269.

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For more information, contact:

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