

# Mosaic Pole Walking Club

At our **Toronto** Office at the **CNIB Centre**

Would you like to join a free walking and Nordic Pole Walking Club? Meet new friends while exercising?

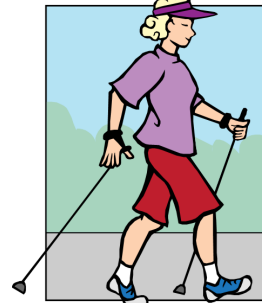


Mosaic Home Care Services & Community Resource Centre will be hosting our annual "Summer Walking Club" Thursday morning's at our location at the CNIB Centre starting July 6th. The Walking Club will run through the months of July through to October. We will be walking around the areas of Bayview and Eglinton & Sunnybrook Park from 9:30 am until 11:00am.

Meeting Place: Mosaic Home Care Services & Community Resource Centre, Suite 215H

- Wear comfortable clothing
- Bring your Nordixx Poles if you have them (with rubber tips!)
- Water Bottle

For More information contact Kevin Lopes from Mosaic Home Care at 416—322—7002 or email at [kevin@mosaichomecare.com](mailto:kevin@mosaichomecare.com)



Where: Mosaic Home Care & Community Resource Centre (**Toronto office**)

Date: **Thursdays, July 6th to  
October 26th, 2017.**

Time: **9:30 a.m. to 11:00 a.m.**

*No Charge for event. Refreshment provided.*

*Close to public transit. Parking on main level with  
elevator access.*

*Parking is \$1 for the 1<sup>st</sup> hour, \$2 for the 2<sup>nd</sup>, \$4.50  
for the 3<sup>rd</sup> and \$7.00 for the 4<sup>th</sup>. Max. is 4 hours.*



Mosaic Home Care Services & Community Resource Centre  
1929 Bayview Avenue | Suite 215H | Toronto, ON | M4G 3E8

Tel. 416.322.7002

[www.mosaichomecare.com](http://www.mosaichomecare.com) | [info@mosaichomecare.com](mailto:info@mosaichomecare.com)

Located at The CNIB Centre | Second Floor

Free Parking and Elevator Access | Disability Friendly Building

