



Carman Wellness Connections
Supporting Emotional Health



SMALL TOWN RUN AND WALK CREW

All Paces, All People

Meeting at the Ryall Park, Carman

Every Thursday
May 8th - October 9th

CWC is partnering with Small Town Run and Walk Crew- All Paces, All People: to encourage gathering, relationship building, strengthening family bonds, and emphasize the link between being active and emotional wellness.

We are meeting every Thursday at 6pm at Ryall Park. Come join us to walk, talk, meet new people and enjoy the summer weatherr! Don't forget sunscreen!

Chris Dick's posts on Instagram and Facebook will have weekly updates, Cancelations and reminders



STRONGER TOGETHER!
carmanwellnessconnections.ca

