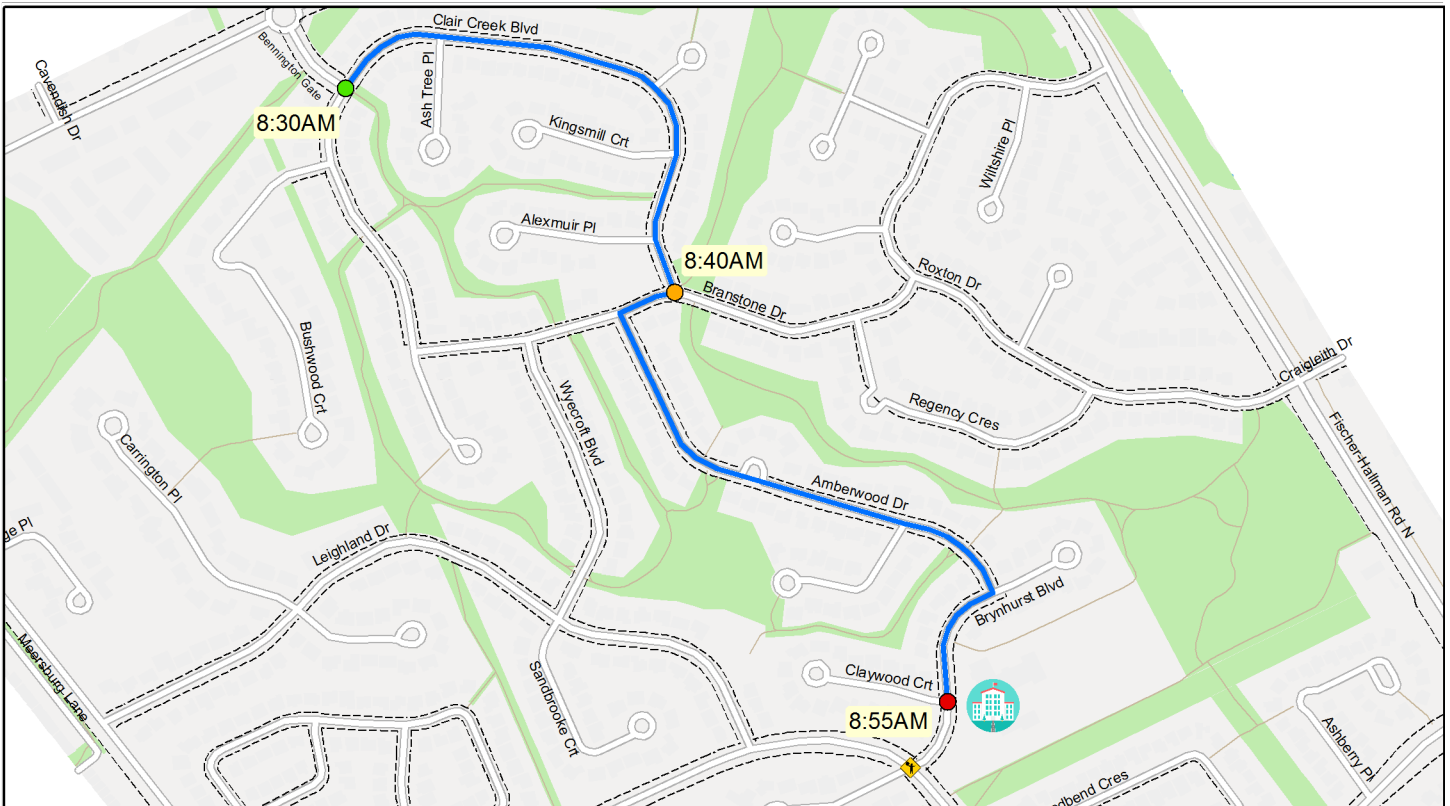




WINTER WALK DAY 2019

Walk with us **February 6th!**
You can meet our group along this route



Did you know?

Walking in the cold leads to greater heart conditioning and increased endurance!



@OntarioAST



#MWD2019

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