

Get **W.I.T.H.** It!

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Be Active ...and come for a
‘Walk In The Halls’
Warm - Safe – Free – Fun

TUESDAYS & THURSDAYS 6-8 PM

Starting: Tuesday Nov 7th

Continuing until March 2018

Arnprior District High School

Great Exercise!!



For more information call the Nick Smith Centre: 623-7301

Don't forget your walking shoes! Bring your own music too!