

Sunday, May 26th, 2019

9:00am-11:00am



In Motion's Canatara Hiking Adventure!

Join us for a 2 hour hiking challenge. You will be walking on different terrain such as pavement, sand, or grass trails. Time spent in nature lowers cortisol, blood pressure, and pulse rate, and reduces psychological stress and depressive symptoms. Feel more alive!



**FREE for Active
Clients or \$15.00
plus HST**

Register Today! Call: 519-542-6060

Email: info@sarniainmotion.ca