

## SOUTH WEST WALKING CLUB



South West Walking Group  
Photo. By Sheryl Nadler, The Hamilton Spectator, August 6, 2003

The walk is aimed at people who are doing very little or no exercise at the moment, but who would like to become more active.

The walk route has been planned to avoid very uneven surfaces, without steps to climb and without steep grades.

In order to give maximum benefit, the walk lasts about 45 minutes and is at a moderate pace.

Following the walk everyone is welcome to stay for a drink together (water, juice, coffee) if they wish.

We meet at the Aberdeen Gardens Retirement Residence, 330 Dundurn St. South, Hamilton at around 9:45 am for departure at 1000 am.

Parking is available at the residence. The No. 6 (Aberdeen) bus stop is located only a few metres away at the corner of Dundurn and Aberdeen St.

There is no charge for the walk (although there is a charge for coffee when consumed). All you need are comfortable shoes and clothing to suit the weather.

For more information about this and other walking clubs in Hamilton, please call Linda Godin at 905-546-2424 x2244 (City of Hamilton Public Health Services)