

# NEIGHBORHOOD WALK IN MARKHAM



Come join us for a free coffee and 45 min walk

We meet in the lobby of the HSBC building in Markham (Address: 3601 Highway 7, Markham, ON L3R 0M3).

Fridays at 10:00 AM

We'd love you to join us!

Just show up or contact Karen at

[kmcinerney@cmha-yr.on.ca](mailto:kmcinerney@cmha-yr.on.ca)

*See you soon for some exercise & fun!*

