

Community Connection's Mood Walk to Dainty Tract Trail on Monday October 21st, 2024



What: Mood Walk on Dainty Tract Trail in Whitchurch-Stouffville, Ontario

When: Monday October 21st, 2024 @ 1:30-3:30 pm

Where: Meet Peer Support Workers Tim and Sara at Aurora Office at 1pm if you need a ride. If you are meeting us at the trailhead please be there by 1:30 pm.

Address: **15182 McCowan Road, Stouffville, Ont**

Bring/Wear: It is suggested that hikers bring a water bottle and rain gear (hopefully not needed !). All participants are required to wear closed toe shoes or boots to be able to handle the terrain and conditions. It is also advisable to bring a snack in case you need it !

Cancellation: Participants will be advised should inclement or unsuitable weather make the hike unsafe. This may occur as late as 11 am the morning of the hike

Come join us for a Mood Walk and enjoy the great outdoors !

Register by clicking on the link for October 21st on the Community Connections Calendar for October 2024 !