The College of Health & Wellbeing Presents:

Canadian Mental Health Association
York and South Simcoe

Forest Walks

A new group designed to help us connect with nature, movement, and each other.

Guided trail exploration

New trail weekly

Group walk

Register Here

Or go to www.cmhacollege.ca to register

Each week, we will meet at a designated trail location for a guided group walk. For every walk, you will receive:

- The trail location
- A trail map
- Parking information
- Additional trail details and recommendations

Join A Walk!
10AM to 11AM/12PM
Wednesdays Starting
October 7th

Contact: Sara Caldeira
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