

EXPLORE RECREATION

FOR WELLNESS, WITH BRIDGES!

**REGISTER TODAY TO BECOME AN EXPLORER,
DISCOVER NEW ACTIVITIES AND MAKE
CONNECTIONS WITH OTHERS FOR YOUR
HEALTH AND HAPPINESS!**



**HIKING/
WALKING**



YOGA



**ZUMBA
DANCING**



**FAMILY MEALS/
PICNICS**



BOWLING



GARDENING



**PARTICIPANT
LED ACTIVITIES**



**NATURE
PHOTOGRAPHY**



**SWIMMING
LESSONS
AVAILABLE**

DUNCAN MURRAY RECREATION CENTRE ACCESS

Support your mental health today! Register in person at 103 - 111 Government Road or visit our website to register online: www.bridgeshinton.org/programs. For info, call Alpha at (780) 865-4464 or email activities@bridgeshinton.org. participation is free, first come, first served for limited spaces.