

Step into fall

with **Mood Walks**



A walking program designed with four elements:

- Spending time in nature
- Being physically active
- Making social connections
- Well-being tips and insights

Enjoy weekly activities, helping you build skills for maintaining positive mental health.

Weekly themes include:

September 24th: Mindfulness in Everyday Life

October 1st: Making Peer Connections

October 8th: Plant Knowledge with Indigenous Student Services

October 15th: Self-Care

JOIN OUR WALKING GROUP

Location:

Sutherland Campus

Fleming College

Meet in the Foyer: Service Hub

Date:

Every Wednesday

September 24th - October 15th

Time:

2:00pm - 3:00pm

Register:

Scan the QR Code below



Click to Register