

PICTOU RECREATION AND PARKS

WALKING BUDDY PROGRAM



Meet Jennifer, Walk Leader

EXPLORE YOUR
COMMUNITY
WITH A
BUDDY

New to the area or want to begin a new walking routine? Maybe you're a senior who doesn't feel comfortable walking alone due to mobility issues or you're just someone who wants a companion to walk with.

WALKING IS
THE PERFECT
ACTIVITY TO
BECOME
MORE ACTIVE

PLUS IT DOES NOT COST ANYTHING !

We will connect you to a trained walking buddy for companionship, motivation and provide the best routes to explore.

To get started call 902-485-4372