

LEARN & SHARE

Walking for Health 步行健身



United Way Avenues of Change presents a Learn & Share event on **“Walking for Health”** in English with Mandarin translation for families with young children living in Richmond.

Learn more about walking opportunities in your community and improve your families health with walking! Learn how to maximize the benefits of walking. This presentation will provide tips on walking technique, intensity and safety.

Speaker, Sharon Meredith has over 30 years' experience as a health and fitness professional and is the Coordinator of “Walk Richmond.”

Wednesday, October 23, 2019, 10:00 am to 11:30 am

Brighthouse Library Kids' Place (100-7700 Minoru Gate, Richmond)

步行健身

“步行健身” 英语 / 普通话讲座，由 **Walk Richmond (健行列治文)** 的人员主讲，了解有关社区步行机会的更多信息，包括供居民参加的免费社区健行活动，并通过步行改善您的家庭健康！了解如何最大限度地发挥步行的好处。本演讲还将提供有关步行技术，强度和安全性提示。

主讲嘉宾 Sharon Meredith 拥有超过30年的健身专业经验，负责统筹“健行列治文”计划。

2019年10月23日，星期三，上午10时至11时30分

列治文 Brighthouse 图书馆儿童部 (100-7700 Minoru Gate, Richmond)

Speaker 主讲嘉宾: Sharon Meredith, Walk Richmond

Registration 报名: [Eventbrite.ca](https://www.eventbrite.ca)

Inquiry 查询: Annie Leung 梁小姐

☎: 604-207-5027 ✉: aleung@touchfam.ca

扫描二维码在线登记
Info & Registration



United Way
Lower Mainland

