



Fit as a Fiddle Programs

Walking Group – Tuesday afternoons - 3:00 p.m. Meet at the Miltonvale Community Park, 413 Sleepy Hollow Road, (or carpool from the Milton Community Hall at 2:45). Please bring a reusable water bottle and wear sturdy footwear. Eventually the location may change – If you are interested, confirm details with the Council Office -902-368-3090.

Fitness for the 50+ -Mondays and Fridays at 9:00 a.m.
Cost \$3. Milton Community Hall. **(No classes Oct. 9-20)**

Hiking Group – Monday midday – First hike –Monday, Oct 16. 1:00 p.m. at the Bonshaw Provincial Park (or carpool from the Milton Community Hall at 12:30 sharp). Please bring a reusable water bottle and wear sturdy footwear. The location will vary. Confirm details with the Council Office - admin@miltonvalepark.com.

Exercise Classes will be held on Tuesday & Thursday evenings, starting with **AbBunDance** -a mix of cardio dance and strength with instructor Krista Griffin, at the Milton Community Hall -\$4. Classes will be October 17, 19 and 26, at 6:00 p.m. with classes continuing into November.

Chair Yoga – Wednesdays at 9:00 a.m. beginning **October 25**, at the Milton Community Hall -\$4

FREE Presentation – “Ready, Set, Go... Exercise!” - Thursday, October 12 - 6:30 p.m. Milton Community Hall. Lynne Anne Hogan will share information about proper exercise footwear and clothing, stretching and warmups, and things to consider when contemplating an exercise class.

FREE Presentation – Tuesday, November 14 - 7:30 p.m. Strengthening Inner Motivation - Moving from Goals to Lifestyle. Tara Costello, from “A Head in the Game” will share the most important principles sustaining healthy lifestyle behaviors. The session will be a blend of information, reflection and discussion.

FREE Presentation - Healthy Food Preparation: Monday, November 27th at 7:00 p.m. at the Milton Community Hall.

FREE Presentation - Eating for Weight Loss - Sharla Goodwin, RD – Tues., Jan. 30, 7:30 p.m.

FREE Presentation - Healthy Snacking ideas: Sharla Goodwin, RD – February 12, 7 p.m.
In spring 2018, there will be a tailored presentation by UPEI Applied Human Science Program Planning Students.

Contact 902-368-3090 or admin@miltonvalepark.com for more info.

Pedometers will be available to exercisers.

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