



Walk With Us This Summer!

Four Accessible Walks in the York Regional Forest



Virtual Orientation: July 15

Online via Zoom, 10-11 a.m.



Walk One: July 22

North Tract, 10-11 a.m.



Walk Two: July 29

Hall Tract, 10-11 a.m.



Walk Three: Aug. 14

Hollidge Tract, 10-11 a.m.



Walk Four: Aug. 21

Hall Tract, 10-11 a.m.

[Click here to register](#) or
scan the QR code



CTN kids, youth and their families are invited to join the Child and Family Wellness Program this summer for a series of four Mood Walks, a new initiative in partnership with the Canadian Mental Health Association.

Mood Walks is a provincewide initiative that promotes physical activity in nature to improve both physical and mental health.

CTN's Equipment Loan Program will also join us for the virtual orientation, showcasing the types of equipment you could use with your child or youth on nature trails.

You can also check out this article about Mood Walks in *Explore Magazine!*

If you have any questions, please contact Sarah Wilson: swilson@ctnsy.ca
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