



HEART & SOLE

Enhancing Community Well-being

Jack Byrne Regional Sport & Entertainment Centre is pleased to announce a new program aimed at adults. Through this program, we will promote physical activity, improve mental health, foster socialization and provide educational resources through monthly coffee break sessions!

Those who participate in the HEART & SOLE program will be allowed access to the walking track during regular track hours, and attend a coffee break session each month offering a healthy snack and materials related to health, fitness and well-being. This program is \$9.00 per month, \$20 for 3 months or \$40 for 6 months.

Please fill and sign the attached registration form and return by dropping off at the main office or email to boxoffice@nearena.ca

Walking Track Hours:

Monday thru Thursday 9am- 9pm
Friday thru Sunday 9am- 6pm

please note there are some dates that the track will be unavailable due to special events- Nov 5 thru 10th; Nov 27 thru Dec 1st.

Coffee Break Sessions will take place on the following dates at 11:30am in the community room- please let select all that you would like to attend:

November 26	___	December 17	___
January 28	___	February 25	___
March 25	___	April 29	___

This program is possible due to the support of funding received from the Active NL Fund.