



# STROLLER SQUAD

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 STROLLER SQUAD 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](mailto: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 10<sup>th</sup>; Nov 27 thru Dec 1<sup>st</sup>.\*\**

Coffee Break Sessions will take place on the following dates at 10:30am in the community room- please let select all that you would like to attend:

November 19	___	December 10	___
January 21	___	February 18	___
March 18	___	April 15	___

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