



## 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](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 4 thru 9; Nov 26 thru Nov. 30\**

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:

October 28	___	November 25	___
December 16	___	January 28	___
February 24	___	March 24	___
April 21	___		

This program is possible due to the support of funding received from Eat Great & Participate.