

Caregiver Walk & Talk

4th Monday of the month

Meet us by the public washrooms at John Lawson Park,
West Vancouver.

We walk at a pace that suits everyone's needs.

Get Wellness Tips! Recipes, inspiring quotes, self-care ideas.

Take a break De-stress Feel energized

For more information: karyn.davies@nscr.bc.ca



North Shore
Community Resources
Connecting You to Community Services!

