

NSWalks

Bariatric Surgery Walking Group



If you have had any type of bariatric surgery or are awaiting bariatric surgery, come join us for a weekly walk with like-minded people to help keep up with positive lifestyle changes towards physical activity!

No age restriction, and all body shapes welcomed!

**Please pre-register @:
BariatricWalkingGroup@outlook.com
NSWalks.ca**

**Mondays at 6:30pm, John W. Lindsay YMCA
Indoor Walking Track
5640 Sackville St, Halifax NS**

