

Guardian



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White Cross Dispensary & McNeil Pharmacy

... Invite you to be a member of our **Sweet Beat Walking Club.**

Tuesday walk the Canal from White Cross Dispensary.

Friday walk the Experimental Farm from McNeil Pharmacy

Sign up sheet available at both pharmacies

Nordic Pole walking also available at both locations.

WALKING TIME: 12PM-1PM

Water Bottles provided for the walk.

Special Discount on Simcan Diabetic Socks for Sweet Beat Club Members.

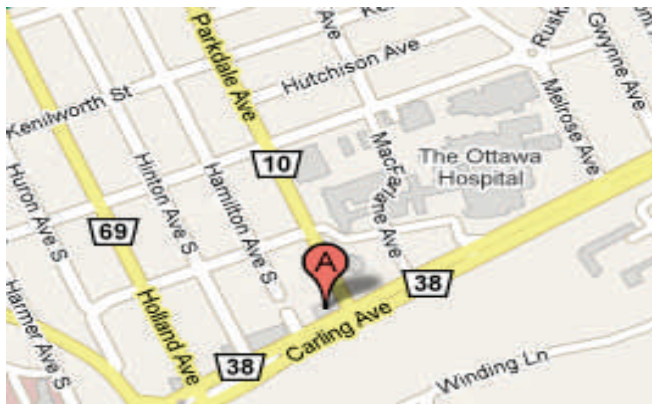
We walk rain or shine, walks are free and we welcome people of all ages!

Please Contact Karen Kemp for Details and Sign Up

Monday & Tuesday @ White Cross Dispensary **613-233-4029**

Thursday & Friday @ McNeil Pharmacy **613- 722-7679**

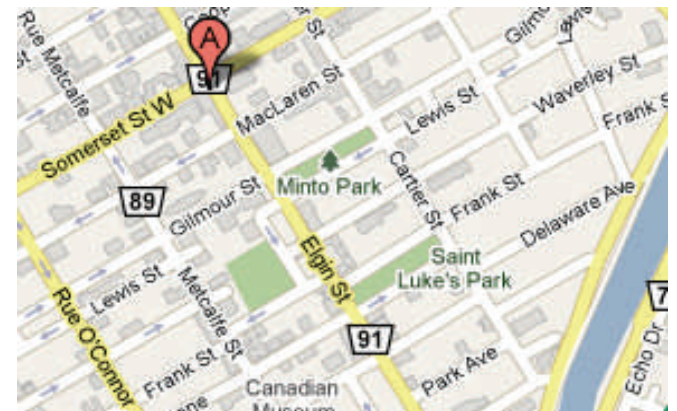
Email: wcdiabetes@rogers.com



McNeil Pharmacy: 1081 Carling Avenue

Rx:

Walking for your health



White Cross Dispensary 264 Elgin Street