



# JOIN US!



## Wellness Walks

**When?** Every Tuesday 12:30pm-1:30pm

**Where?** In front of the VNHS Clinic at  
449 East Hastings Street, Vancouver

### **Did you know?**

Regular physical activity helps protect against cancer. It's also one of the best ways to help you stay at a healthy body weight, which reduces your risk of **cancer**. Canadian Cancer Society

### **Contact:**

Aboriginal Cancer Care Program

Email: [canceraware@vnhs.net](mailto:canceraware@vnhs.net)

PH: (604) 254-9949 ext. 224

[www.vnhs.net](http://www.vnhs.net)



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