

Volunteer Fitness Instructor Training May 2017

More than 70 volunteers and wellness staff had a great day of learning and retraining for ONE CARE exercise leader volunteers. Instructors did their exercise leader retraining, and had workshops in poling and walking. Thanks to our special guests - Leslie McAdam and Sarah Merkel from the Canadian Centre for Activity and Aging, Barb Gormley from Urban Poling and Tom Friesen, President of Hike Ontario.

