



OUTDOOR WALKING GROUP

with Ottawa Senior
Pride Network



A walk around the neighbourhood for
Lesbian, Gay, Bisexual, Transgender
Queer, and Two Spirit Seniors (55+)

- Tuesdays at 10:00 am starting at The Good Companions, 670 Albert Street
- Parking Available
- Covid-19 Safety Protocols in place

To register or for more info call Amanda:
613-237-4439 ext. 2353 or email
akristalovich@thegoodcompanions.ca



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community