



## WALK 4 ENERGY CUBE WITH OUR KINESIOLOGISTS

JOIN US RIGHT NOW

### Cube de marche Sud-Ouest-Verdun

**Meeting point:**

J-Albert-Gariépy park (in front of Verdun auditorium)  
4110, Boulevard LaSalle, Verdun

**Free weekly walks :**

Every Tuesdays from 10 h 30 to 11 h 30  
and every Thursdays from 9 h to 10 h