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## Be active, stay healthy with Walk On the Island program

FORT McMURRAY — Local and area residents looking to stay active are invited to participate in a free Alberta Health Services (AHS) program.

Walk On the Island, for Albertans aged 55 years and older, resumes in-person participation Tuesdays and Thursdays from 9:30 a.m. to 10:15 a.m., beginning Aug. 5, at MacDonald Island Park, 1 C.A. Knight Way. Participants walk on a track based on their individual abilities. All walking speeds are welcome.

Any form of physical activity is beneficial and has been shown to play a huge role in preventing and managing chronic disease, such as diabetes. Participants also build muscle strength and flexibility, reducing the odds of falling or injury.

The local AHS Population and Public Health team offers the Walk On the Island program in collaboration with One Rec, St. Aidan's Society, Golden Years Society and Second Cup.

Free bus transportation is available for Golden Years Society members. Call 780-743-4088 to register for a ride. Coffee to follow at Second Cup.

Registration is not required. Participants are asked to check in with the front desk upon arrival. AHS encourages participants to continuously mask and follow appropriate health measures during Walk on the Island for the health and safety of participants, staff and other facility users.

AHS offered a modified version of this program to residents on Zoom when in-person participation was paused due to COVID-19.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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