

The NEARTA Heart and Sole Wellness Walks held in St. Paul and Bonnyville



The Northeastern Alberta Retired Teachers' Association Branch (NEARTA) held two Heart and Sole Wellness Walks. The first walk was in St. Paul on Saturday, April 20th and the second was in Bonnyville on Saturday, April 27th. The St. Paul walkers enjoyed a warm, sunny day, while the Bonnyville group persevered through cool and windy weather conditions.

ARTA promoted and encouraged the short, fun walks to take place across Alberta during the week of April 22nd. The walks were a great opportunity to get out, get active, and meet other retirees in the community. The walks were also a chance to make a difference for your community. Each walk collected donations for the local Food Banks.

Participants brought their kindness and generosity in addition to their walking shoes. Thanks to ARTA and to our NEARTA participants for bringing a sense of adventure, while enjoying the fresh air and exercise.



Pictured are some of the Heart and Sole Wellness Walk participants at the walk held in St. Paul on Saturday, April 20th.



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Wellness Walks held in St. Paul and Bonnyville*



Pictured are some of the Heart and Sole Wellness Walk participants at the walk held on the Jessie Lake Walking trail in Bonnyville on Saturday, April 27th.



“The sum of the whole is this: walk and be happy; walk and be healthy. The best way to lengthen out our days is to walk steadily and with a purpose.” -

Charles Dickens



“Walking is man’s best medicine.” - Hippocrates