

Victoria
Brain Injury
Society



Walk Program

Whether your goal is to run in a marathon or be able to walk around the block; whether you have to use a walker or are a power-walker; this is a great activity to get involved in!

This group walks every Wednesday from 11:00am to 12:00pm - but please meet at VBIS at 10:45am.

To participate, please contact our [Intake Coordinator](#) for a few quick steps before starting.