

ASSOCIATION OF FAMILY HEALTH TEAMS OF ONTARIO

# BRIGHT LIGHTS AWARDS



2019

## **Nomination**

### **Community and social accountability**

**Maitland Valley Family Health Team**

**Maitland Valley Family Health Team – Walking Group**



The Maitland Valley Family Health Team (MVFHT) Walking Group is a community based program in collaboration with the Maitland Recreation Centre/YMCA that offers a scheduled, safe, accessible space for all members of the community to walk. The MVFHT Walking Group meets twice a week at the Maitland Recreation Centre/YMCA for an hour and a half each day where participants can walk the track for free.