



Central West Women's Health Centre



Women's Walking Group

**Are you a woman who wants to start exercising but has no one to go with?
Do you sometimes feel isolated at home and would like to get out more?
Then this may be the solution for you!**

When: Every Monday at 9.30 AM

Where: Start from the Central West Women's Health Centre
20 William Street, Bathurst



Cost: **Free** – you will need to register to participate

Bring: Your pram, Your mother/grandmother
Your children, Your friend, Or Just You

Women can get together for exercise and to talk and to have fun. This has many benefits which may include:

- Increased self-esteem and energy
- Improved sleep
- Improved cardiovascular fitness
- Help with weight loss and muscle tone
- Decrease the risk of osteoporosis, high blood pressure and diabetes and lower cholesterol levels
- Getting out of the house and meeting other women
- Save you money because it is free

PHONE: RECEPTION ON 6331 4133 TO REGISTER

