

WOMEN'S WALKING GROUP

*A great way to meet other women
and get fit at the same time*



SESSION DETAILS

DATES

Each Monday
(except Public Holidays).

TIME

Monday - 9.30am –10.30am

VENUE

Central West Women's
Health Centre
20 William Street
Bathurst

COST

Free

TO REGISTER

Contact Ann-marie Brittain
Health Promotion Worker
T: 6331 4133
F: 6332 4310
E: healthed@cwwhc.org.au

Supported with funding from
NSW Ministry of Health (WLHD)

**Join our free Women's Walking Group, every
Monday.**

**Come along and bring your mother, your
grandmother, your children, your pram, your
friend, or just yourself**

What are the advantages of a walking group?

- Increases self-esteem, energy and confidence
- Improves sleep
- Improves cardiovascular fitness
- Assists with weight loss and muscle tone
- Decreased risk of osteoporosis, high blood pressure and diabetes
- Lower cholesterol levels
- A great way to get out and meet people
- And.....it's free!

To register for the Women's Walking Group drop into the Central West Women's Health Centre or for further information contact us on (02) 6331 4133

*Walking articulates both
our physical and mental
freedom*

