

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*

