



# **Come Walkabout**

## **With the NCACCH**

# **Walking Group**

Do you want to get healthy?  
Do you want to lead a more physically active  
lifestyle?

Walk at a  
relaxed pace.  
Get active with  
friends and  
family.  
**ENJOY  
YOURSELF!**



**Exercise can  
help in the  
prevention of  
Chronic  
Disease**

Then come walking with NCACCH's new Men's & Women's  
fortnightly walking group. Transport is available.

**Date:** Wednesday, 10 June 2009

**Time:** 9.30am – 11.00am

**Venue:** Currimundi Lake, Westaway Parade

**Hats and Water Bottles Provided**

RSVP to NCACCH on 5443 3599

by 5 June, 2009