

Promoting health and well-being
and preventing illness
throughout Ballarat and the region

Ballarat
Community
HEALTH



Do you want to enjoy the benefits of indoor walking?

In addition to the health benefits, you get to chat with other walkers. A YMCA staff member, experienced in Tai Chi and leading walks, coordinates the indoor walks and exercises within the comfort of a shopping complex, all for free.

When **Tuesdays**

Time **8am**

Where **Stockland Wendouree** (use west Gillies St entrance and meet at Muffin Break)

New walkers welcome

For further information contact **Ballarat Community Health**
on **5338 4500**

www.bchc.org.au



We build strong **PEOPLE**
strong **FAMILIES** strong **COMMUNITIES**



Stockland

Wendouree