

Footsteps to Fitness

Ballarat Community Health Centre



Walking Group

DO YOU WANT TO ENJOY THE BENEFITS OF WALKING?

JOIN BALLARAT COMMUNITY HEALTH CENTRE'S WALKING GROUP PROGRAM

When : First Group: Wednesday 3rd February 2010

Time : 11 a.m 12pm

**Where: Ballarat Community Health Centre,
260 Vickers Street, Sebastopol**

BESIDES WALKING, YOU GET TO CHAT WITH OTHERS INCLUDING SOME OF BALLARAT COMMUNITY HEALTH CENTRE'S STAFF, WHO WILL BE TAKING TURNS TO WALK WITH MEMBERS.

For further information contact Ballarat Community Health Centre on 5338 4500