



Ballarat Community Health CBD Outdoor Walking Sessions

- Part of the City of Ballarat CBD (Central Business District) Strategy 'Summer in the city'
- See the city sights
- Promote health and wellbeing

Time: 11am to 12 noon

Day: Wednesdays

Dates: 19th January 2010
2nd February 2010
9th February 2010
16th February 2010

Where: Starts 11.00 am: Futures Coffee House,
626 Sturt Street Ballarat

Ends 12:00pm: Futures Coffee house,
626 Sturt Street Ballarat
Sharing coffee and a chat

Cost: Free

For more information:

- Phone Shepard Shamuyarira on 5338 4500
- email shepards@bchc.org.au
- Visit www.bchc.org.au