



Walk, Talk and Stretch Northbridge

Walking has many health benefits including lowering blood pressure, easing joint pain, maintaining good circulation and improving heart health.

Join our Health Educator for a social walk and talk to take in fresh air, get moving and connect to community. All fitness levels welcome.

Please arrive 15 minutes prior to either session with comfortable, supportive walking shoes and easy to move clothing.

For more information email: bookings@whfs.org.au



Walk, Talk and
Stretch

Every Monday
starting 2nd of May

8.30 – 9.15am
&
2.00 – 2.45pm

227 Newcastle St,
Northbridge

Free

Women's Health and
Family Services

www.whfs.org.au