



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 any session with comfortable, supportive walking shoes and easy to move clothing.

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



womens health
& family services

**Walk, Talk and
Stretch**

**Mondays
8.15 – 9.15am**

**Wednesdays
12 – 1pm**

**Fridays
9 – 10am**

**227 Newcastle St,
Northbridge**

Free

**Women's Health and
Family Services**

www.whfs.org.au