



Cann Valley Bush Nursing Centre

TUE 6pm & THU 6pm

Contact 0438 510 729

Weather permitting

There's a fun, free and easy way to feel happy and healthy. It's walking – and we're here to help you get started.

Join your local walking group or download the Heart Foundation Walking app to walk solo.

Visit walking.heartfoundation.org.au or call us on 13 11 12 to find out more.

Proudly supported by



Australian Government



Queensland Government

Heart Foundation Walking is Australia's largest, free walking network. We help people to start and keep walking, because walking is a great way to be physically active and healthy.

Regular physical activity will:

- reduce your risk of heart disease and stroke
- help manage your weight, cholesterol and blood pressure
- prevent and control diabetes
- reduce your risk of dementia and Alzheimer's disease
- reduce your risk of developing some cancers
- and maintain your bone density, balance and coordination.

Our walking program will help you get started, and our rewards and recognition will keep you going.

Start walking today and step towards better health.



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