



Help us discover the benefits of walking together

A free 10-week walking program for individuals aged 60+ (50+ for First Nations People).

Could you spare 10 weeks to help us learn?

Join Healthy Cities Australia and Charles Sturt University in a community walking program exploring how group walking supports:

- ♥ Body - mobility, balance, heart health and energy
- * Mind - memory, thinking, mood and wellbeing
- ▽ Connection - friendships and a sense of belonging

Free, friendly and for every fitness level! Light morning team included.

Your full 10 weeks matters.

Attending regularly helps us better understand the real benefits of group walking and supports the development of future programs for older people in communities like yours.

Nowra

Thursday

9.30am - 11.00am

starts 13^h August

Ready to step out with us?

Samantha Karmel · Healthy Cities Australia

Phone 0493425609 · Email samantha@healthycities.org.au



Scan or
register here:
[https://bit.ly/
wellness2age](https://bit.ly/wellness2age)