

Dear Friday Walkers – we are looking forward to seeing everyone on Friday week. Here are the first walks.

13 March	COLLEGE PARK	End Torrens St and Harrow Rd. 118 L 3
20 March	GLENALTA	End Bemuda Way. 143 C 16
27 March	STIRLING	Hender Reserve, Longwood Rd. 157 C 3
3 April	MT BARKER	LARATINGA Wetlands Car Park. Bald Hills Rd. 173 G 10

Walking helps with health by –

Strengthening muscles and bones and helping with mobility so you can do more for longer.

Improving circulation which lowers the risk of heart disease and cancer and reduces blood pressure.

Improving balance and coordination so you have less chance of falling.

Lightening your mood which helps to combat anxiety and depression and improves your confidence and sense of wellbeing.

Slowing mental decline and lowering the risk of developing Alzheimer's disease.

Improving sleep and keeping regular.

We all know this, just a reminder. See you soon, our best wishes Bruce and Christine