

# Walk yourself happy

Heart Foundation Walking



## Join your local walking group

There's a fun, free and easy way to feel happy and healthy.  
It's walking – and everyone is welcome to take part.  
Come along to our regular walks to meet new friends  
and boost your health.

What: Walking to Wellness

When: Every Monday at 9:30am, from 17<sup>th</sup> September

Where: Kinglake Pub Car Park

28 Whittlesea-Kinglake Rd, Kinglake

To connect to this group and others, visit  
[walking.heartfoundation.org.au](http://walking.heartfoundation.org.au) and search in your area.



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