

# Walking Group



**Every Monday  
11.30am- 12 noon**

Regular exercise can help:

- Manage your weight
- Increase muscle and bone strength
- Improve blood glucose levels and blood pressure
- Reduce stress and anxiety

Meet in the foyer  
of TAC  
Launceston  
Walk will be lead  
by Kerryn, the  
dietitian



Aboriginal Health Service  
Tasmanian Aboriginal Corporation