

# 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.



Sunbury  
**Sons & Daughters**  
Walking Group

When: Tuesday 7am, Wednesday\* 5pm, Saturday 8am, Sunday\* 5pm.  
\*Times may vary refer to our Facebook page

Where: Sunbury Village Green Fountain, Corner Brook & O'Shanassy Streets

Facebook: @SunburySOTW Phone: 0498 144 763

To connect to this group, visit  
[walking.heartfoundation.org.au/walking/group/sunbury-sons-daughters](http://walking.heartfoundation.org.au/walking/group/sunbury-sons-daughters)

Proudly supported by



Australian Government



Queensland Government

Local supporter

