



*Women talk,
we listen ...*

1800 777 690



ON THE MOVE
WITH BUBS GROUP
Walking group - nundah

*Ridiculously simple, astonishingly powerful,
scientifically proven by study after study that
sneaking in a few minutes a day can transform
your
Health, body, and mind.*

MEMORY
40 MIN. 3 TIMES A WK PROTECTS THE BRAIN REGION ASSOCIATED WITH PLANNING & MEMORY

INCREASES ATTENTION & DECISION MAKING

MONDAY 29TH MAY
MONDAY 5TH JUNE
MONDAY 12TH JUNE
MONDAY 19TH JUNE

MEET IN THE WAITING ROOM OF NUNDAH COMMUNITY HEALTH
9.00AM TO 9.45AM

Please register your interest with PCL
On 1800777690 or
Text Larissa on 0428809001
(This event may be cancelled due to bad weather).

CALMS YOU DOWN
Walking causes your body to release endorphins & helps you breathe deeper.
It also gives you the ability to focus on your thoughts.

TO BREATHE FRESH AIR

MOOD
30 MIN A DAY CAN REDUCE SYMPTOMS OF DEPRESSION BY 36%

