

# walks with support

Feeling stressed or anxious... want to control your weight, blood pressure or cholesterol... or simply want to get more active?

## JOIN A WALKS WITH SUPPORT GROUP:

- ✓ *It's totally free*
- ✓ *It's a supportive social environment*
- ✓ *It's led by a Registered Counsellor*
- ✓ *It will get you outside and active*

To find a Walks With Support group in this area, go to [www.walkswithsupport.com.au](http://www.walkswithsupport.com.au)

Or phone/SMS

**ACA** walks with support

an initiative of the Australian Counselling Association

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