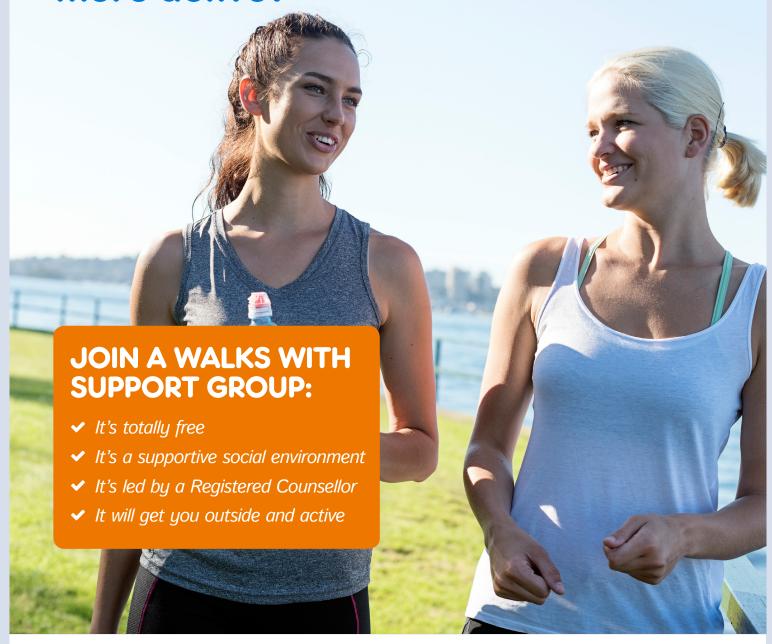
walks with support

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



To find a Walks With Support group in this area, go to www.walkswithsupport.com.au

Or phone/SMS

ACA walks with support

an initiative of the Australian Counselling Association