



INVITATION to join Heartbeat Ballarat Weekly Walking Groups

Hi! My name is Barry, and I would like to invite you to walk regularly with a friendly group of folks who meet up to 4 times weekly to walk for improved health and fitness. Nice folk and good conversation. Trained volunteer Walk Leader. Message or call for more information 0447377159

Pipers at Lake Friday 10am Walks are FREE.

40 mins walk. Group walks, talks, does coffee, and repeats most Fridays at 10am. Slower and shorter walk of a portion of gardens or Lake. Beginners walk, no one ever left behind. Opportunities to rest if necessary. New to walking? Recovering from surgery? Living with chronic illness? This is the walking group for you. Dog, pram, & walking frame friendly. Meet outside Pipers Restaurant. Walks are FREE. Cuppa after walk.

Indoor Walking Group & Cuppa

Walk inside Ken Kay Badminton Stadium 407 Dowling Street, Wendouree Tuesday 10am. Entry Gold Coin Donation. **Heartbeat Ballarat** and Ballarat Badminton Association jointly facilitate a walking group. 45-minute indoor walking opportunity available Tuesdays from 10am. Perfect for more experienced walkers, seniors, and beginner exercisers. Walkers enter stadium from side entrance.

Victoria Park Walks are FREE

Two options 2.5k shorter walk within Vic Park or 5k full walking track. Walks are held twice most weeks. Walkers meet near toilet block Sturt Street end of Vic Park. Mixed ages and fitness levels.



In the spirit of respect, we acknowledge the Aboriginal and Torres Strait Islander people as the traditional custodians of the land and sea. We acknowledge the history, culture, diversity and value of all Aboriginal and Torres Strait Islanders and pay respects to their elders past and present as well as acknowledging the future generations.



We support inclusive health and wellbeing practices for lesbian, gay, bisexual, transgender, intersex (LGBTI) and other sexuality, gender, and bodily diverse people and communities, as a basic human right.



HEARTBEAT BALLARAT

Heartbeat Ballarat is a patient lead peer support group made up of patients, families and caregivers that have in some way been impacted by heart disease



PEER SUPPORT GOOD FOR THE HEART

Heartbeat Ballarat will support you and share the journey. Members walk, talk, have coffee catch ups and repeat weekly. Indoor and outdoor walking groups. Regular meetings with a meal, followed by a guest speaker. Social connection activities, excursions, group bookings for live shows. Facebook page listing events & activities.

 /Heartbeatballarat

Heartbeat Ballarat Membership is FREE!

HEARTBEAT BALLARAT CAN SUPPORT YOU

Becoming a member of **Heartbeat Ballarat** can have many benefits. Being with people who have experienced what you have experienced can:

- Help you feel less alone
- Help you feel more motivated to make healthier life style choices
- Help you feel more in control and informed about your condition
- Help you feel a sense of belonging and community connection



Peer support groups like **Heartbeat Ballarat** can make a real difference to some people's recovery and quality of life, Here's what members say about our group;

Heartbeat Ballarat has helped me learn how to live with my condition. I now put the condition to the back of my mind and enjoy life.

Attending **Heartbeat Ballarat** means company and a cuppa! We support each other and it gives you a different outlook on life.



CONTACT HEARTBEAT BALLARAT

 **0447377159**

 **heartbeatballarat@iinet.net.au**

Or talk to Cardiac Rehabilitation staff