

Leichhardt Evening Walk

Come and join the Ipswich Heart Foundation Walking Group and enjoy fun monthly walking activities

Monday 23 November
Leichhardt Village Court
cnr Samford and
Toongarra Roads
Leichhardt

Meet at **6.15 pm** at **Councillor Charlie Pisasale's Office** located in the shopping centre on Toongarra Road, Leichhardt (opposite Leichhardt State School). The walk will be around the district, finishing back at the office where a light supper will be served. For the convenience of shoppers, please park in the side street. Remember to bring water and a torch (although we should be back before dark)! **For catering purposes please RSVP by 18 November 2009.**

NEXT WALK:
7 December
Christmas Break-up Party
Queens Park Kiosk

Get fit and stay healthy with your fellow seniors!
When: 6.00am Mondays
Where: Lifetrail Fitness Station (near PCYC) Limestone Park
Cost: Free
Bring: Water bottle, hat, towel and sunscreen
Wear: Comfortable clothes and sneakers

For more information and RSVP's please contact Ruth 3294 6608 or Coral 3281 7900

