



Walking Group

@ The Lights

TUESDAYS 9.30AM FREE

Walking for an average of 30 minutes a day can lower the risk of heart disease, stroke and diabetes by 30 to 40 percent.

So come along and join The Lights Walking Group! Starting from the Centre, enjoy a leisurely stroll then join us after for a cuppa at Delightful Cafe. Suitable for all fitness levels, everyone welcome.

Please come in 5 minutes early to register for your first walk.



For more info and how to register please call us on 8405 6670 or email thelights@cityofpae.sa.gov.au