

1st — 31st October 2012

## Do you work or volunteer at :

- Castlemaine Community House
- Castlemaine District Community Health
- Castlemaine Health
- Mount Alexander Shire Council
- Maldon Hospital
- St Luke's
- Windarrang
- Other workplaces within Mt Alexander Shire

**Walking is a fun easy and cheap way to become stronger healthier and happier.**

## During October:

Register a workplace team of at least 2 people

Challenge your team to **Walk, Jog or Ride for at least 10 minutes each day.**

Compete against teams at your own and other workplaces.

## WIN PRIZES.

To register your team email: [emmashannon@cvha.com.au](mailto:emmashannon@cvha.com.au) or place registration form in drop box provided



**Be active and social with friends and colleagues.**

**At least 30 minutes of physical activity a day will improve your health and wellbeing.**



Healthy Active Living  
in Mount Alexander

This program was funded through the Australian Government Healthy Communities Initiative and the Victorian Department of Health



Central Victorian Health Alliance  
Primary Care Partnership

