



Be Fit. Stay Healthy.

BRISK WALKING AT BOTANIC

SATURDAY, 31 OCT 2009

0730 – 0900

MEET US AT

**BOTANIC GARDENS MAIN GATE
(BESIDE THE TRAFFIC JUNCTION)**

EXERCISE ATTIRE AND SHOES

Studies have linked brisk walking to risk reductions in many diseases. Join our cancer survivors, caregivers, counsellors and PCC doctors in our first mass brisk walking session!

Call **+65 6738 9333** or email **CanHOPE@parkway.sg** for registration and enquiries.

