

YOU DON'T NEED TO WALK FAR TO SEE BEAUTIFUL THINGS



Walk to work, school, your friends, the shops, the river, the park. Get outside, check out our neighbourhood. You'll be surprised at what you can find when on foot. Let us know your favourite walking spots, and check out some treasures at eatmovesmile.shdh.org.au

eat. fruit & veg **move.** more often **smile.** together