



Cancer Voices SA Walking Group

Cancer Voices SA is an independent voice for South Australians affected by cancer.

Our purpose is to raise an independent voice to influence the achievement of better outcomes for South Australians affected by cancer.

Membership is free. Become a member now through the following link:

<http://www.cancervoicessa.org.au/>

We invite people affected by cancer, their family, friends and supporters, to join the Cancer Voices SA Walking Group as part of their physical activity. The walking group is free, requires no special equipment and has many benefits:

- Increased overall physical fitness
- Increased social connections
- A feeling of wellbeing

Walking Group Guidelines and Operational Details

All Cancer Voices SA members are WELCOME on walks, especially new members. We invite newcomers to come on a 'trial' walk or two, but for insurance and safety reasons we expect walkers to officially join the walking team if they wish to continue participating in walks.

To ensure the safety of walkers the following guidelines and operational details need to be understood and accepted by walkers:

- Walking is at your own risk
- The CVSA Walking Group is conducted by volunteers who are not qualified instructors. They are not qualified to assess the health and safety of the participants or walks selected. Participants are encouraged to seek medical advice as to their suitability to participate in the CVSA Walking Group prior to becoming a member.
- Neither the volunteers nor Cancer Voices SA will accept any liability for any personal injury, loss or damage as a result of, or in anyway related to, your participation in the Walking Group.
- Volunteer walking group leaders will call an ambulance in the event of an emergency.
- Cancer Voices SA will presume permission to use photographs taken during walks for promotion purposes.
- Walk safely and look after your co-walkers.

Cancer Voices SA Walking Group Contact – Chris Christensen (Phone 0431691956)

Supported by Mitcham Council Community Grant 2017



Cancer Voices SA Walking Group

Who: Anyone affected by cancer, their family, friends and supporters.

When: Meet on **Tuesdays** for slow to medium paced walks of up to one hour duration followed by coffee at Sheoak Cafe.

Leave at **9.30am**

(Note: Walks will be cancelled when the forecast temperature is more than 35 degrees or when heavy rain is forecast.)

Where: The walks start from **Belair Golf Club Carpark**.

Enter the Golf Club off Upper Sturt Road.

Cost: **Free!**

What to Bring:

Please wear suitable clothing and shoes, a hat and bring some water with you.

CUSA Walking Group Contact:

Chris Christensen – 0431 691 956

Cancer Voices South Australia

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