

JOIN OUR LOCAL BALLARAT WALKING GROUPS

4 locations – 4 weekly walks

There's a fun, FREE, easy way to feel happy and healthy
It's walking – and everyone is welcome to join in
Come along to our weekly walks for exercise and social connection

TUESDAY WALK

10AM TO 11AM
INDOORS

Inside Ken Kay Badminton Stadium 407 Dowling Street Wendouree (Next to The Minerdom). Entry \$2 donation to Badminton Association. 45 min indoor walk, own pace and distance. All abilities encouraged to participate. Toilets on site. Seats available. Free onsite parking. Optional cuppa after walk. Most Tuesdays, except public holidays. Indoor walks not available during occasional badminton tournaments.

WEDNESDAY WALK

10AM TO 11AM
LAKE ESMOND

Meet at the main Lake Esmond entrance in Larter Street Ballarat East. Peaceful FREE Walk in Lake Esmond Botanic Gardens, own pace and distance, seats avail. Toilets on site. Pram & dog friendly. On the street parking. Optional cuppa at Lilly's Café in Eureka Centre after walk. Most Wednesdays except public holidays.

FRIDAY WALK

10AM TO 11AM
GARDENS AT LAKE

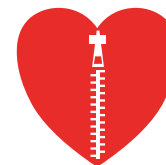
The group meets in front of Pipers Restaurant at 403 Wendouree Pde, Lake Wendouree. Peaceful FREE 30 to 45 min flat outdoor walk in Botanic Gardens. Own pace and distance. Toilets on site. Pram & dog friendly. Seats available. On the street parking. Optional cuppa in Pipers Restaurant after walk. Most Fridays, except public holidays.

SATURDAY WALK

9.30AM TO 10.30AM
VICTORIA PARK

The group meet near toilets, Sturt Street end of Victoria Park. A peaceful FREE walk on a walking track within tree filled Victoria Park. Own pace and distance, seats NOT avail. Toilets on site. Pram & dog friendly. On the street parking. Optional cuppa after walk. Most Saturdays, except public holidays. Victoria Park walks not available during occasional major concert events.

Heartbeat walks are registered with Heart Foundation Walking Program and supervised by Warren Faneco from Ballarat Community Health. Trained volunteers lead each walk. All welcome. Walks are free. Heartbeat Ballarat membership has an annual fee payable on joining and renewable each January.



**Heartbeat
Victoria
Ballarat**



Heartbeat Ballarat is a 100% volunteer peer support group, by cardiac patients for cardiac patients. Offering peer support, exercise, and social connection.

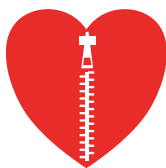
PEER SUPPORT, EXERCISE & SOCIAL CONNECTION

Heartbeat Ballarat members will motivate you to exercise, to make great lifestyle choices, and to live well with cardiac illness. Members walk, talk, and have cuppa catch ups weekly. Indoor and outdoor walking groups weekly. Regular member meetings with a meal and guest speaker.

Social activities | Aging Well excursions | Movies and lunch | Christmas gala
| Group bookings for live shows | Concerts | Festivals | Sports and events

 facebook.com/heartbeatballarat

Heartbeat Ballarat is a branch of Heartbeat Victoria, a registered charity with a forty-year history of supporting Victorian cardiac patients. www.heartbeatvictoria.org.au



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BENEFITS OF HEARTBEAT BALLARAT MEMBERSHIP AND PEER SUPPORT

Peer support complements and enhances other care services by delivering emotional, social and practical assistance for managing cardiac conditions and staying healthy.

For a person living with heart disease or recovering from a heart event, becoming a member of Heartbeat Ballarat peer support can have many benefits.

BEING PART OF HEARTBEAT PEER SUPPORT:

- ♥ Helps you understand your condition
- ♥ Helps you feel more motivated and make healthier lifestyle choices
- ♥ Helps you feel less alone
- ♥ Assists you to feel more in control and informed about your condition
- ♥ Provides ongoing heart health education and support
- ♥ Provides social and exercise activities

HELPS YOU FEEL A SENSE OF BELONGING AND COMMUNITY CONNECTION

Lived experience volunteers regularly speak to new cardiac patients during cardiac rehabilitation and on hospital wards. Hearing from peer support volunteers with lived experience makes a real difference to patients' recovery and quality of life.

FUNDRAISING AND FINANCES

Heartbeat volunteers raise funds to purchase cardiac equipment for both Ballarat hospitals, for local cardiac rehabilitation outpatient programs, and for individual patients in need. New heart failure patients regularly receive bathroom scales donated by Heartbeat members. These scales prevent hospital readmissions.

Heartbeat Ballarat is currently funded from member donations, an Australian Government Volunteer Grant, a Victorian Government Sport and Recreation Grant, a Ballarat City Council Community Grant, a Buninyong Community Bank Grant, and a generous gift from Ballarat Floral Art Group.



MEMBERS STATEMENTS



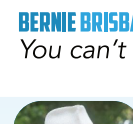
HELEN SARRA If you are thinking of joining a group, to remain active in lifestyle, join Heartbeat. They're the Best.



LEIGH MILLER If you are considering joining a walking group, Ballarat Heartbeat walking group is the group for you. It gets you out of the house, walking, and socializing. Ballarat Heartbeat walking group is the group you should be joining.



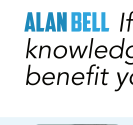
BARRY NIXON Heartbeat Ballarat makes exercise and social connection opportunities available. If you are new to living with cardiac illness, or finishing cardiac rehabilitation, I would encourage you to take advantage of the resources available through Heartbeat membership.



BERNIE BRISBANE To keep fit, Ballarat Heartbeat is amazing. Please join us. You can't go past it.



ARTHUR CHEESMAN Get in touch. The benefits of joining Heartbeat are the interaction and help you need living with heart disease.



ALAN BELL If you are unsure about joining Heartbeat, ring. We share our knowledge, saying exactly what goes on, and how it can help you and benefit you.



ROSS WIGGINS Jean and I both enjoy meeting people, and the coffee catch ups following Heartbeat walks are popular.

CONTACT HEARTBEAT BALLARAT

Ballarat support and information 0447 377 159

facebook.com/heartbeatballarat

ballarat@heartbeatvictoria.org.au

Emergency call 000

Heartbeat Victoria Council 0474 866 474

hello@heartbeatvictoria.org.au

WWW.HEARTBEATVICTORIA.ORG.AU