



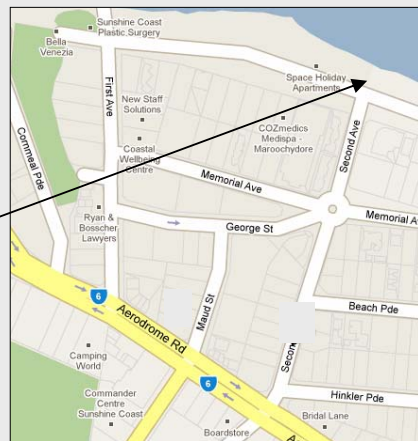
2010 Moon Walking

Moon Walking is a **FREE** Sunshine Coast Council “*Health & Wellbeing*” program for all residents and visitors to the Sunshine Coast.

Moon Walking is part of the Heart Foundation walking program. Heart Foundation walking is Australia’s largest network of free community based walking groups coordinated locally by the Sunshine Coast Council. Journey along sections of beautiful coastline and local waterways under the moonlight.

COTTON TREE:

Meet Len and Judith at lit pavilion opposite Second Avenue



January 2010	Friday 29
March	Monday 1 & Tuesday 30 Blue Moon
April	Wednesday 28
May	Thursday 27
June	Thursday 24
July	Monday 26
August	Wednesday 25
September	Thursday 23
October	Monday 25
November	Monday 22
December	Tuesday 21

LAKE KAWANA:

Meet Janet at the viewing platform on Sportsman’s Parade directly across the road from the Kawana Aquatic Centre



The **Tuesday** closest to the full moon phase:

January 2010	Tuesday 26
March	2 & 30 Blue Moon
April	27
May	25
June	22
July	27
August	24
September	21
October	26
November	23
December	21

All walks depart at **7.30pm sharp**, last for approximately 45 minutes and are flat and accessible to all. To avoid weekends, walks may be just prior to or after the actual full moon date. Please arrive 5 minutes early so groups can leave on time and **bring a torch, water bottle and dress for comfort**.

Moon Walks are a great opportunity to get out for the evening and enjoy the health benefits of fresh air and physical activity. Moonwalking is a chance to meet new friends or spend time with family. Walkers are encouraged to walk at their own pace – applying the motto ‘you should be able to walk and talk at the same time’ and always walk in pairs ensuring someone has a mobile phone.

Walks do not occur in the event of persistent rain or storms.

For more information on Moon Walking or to start your own Moon Walk contact Council’s Customer Service Centre on 07 5475 7272 or visit www.sunshinecoast.qld.gov.au

