

## Bushwalks

*Bookings are essential* and can be made by telephoning 9419 8007. There is a free return bus trip from Dougherty Centre in Chatswood, see map below. Alternatively, the bus will take you back to the starting point of the walk.

Wear comfortable shoes and a hat. Bring some water and a walking stick to assist with your balance while walking in the bush. You will be shown some simple stretching exercises to limber up before beginning the walk.

## Dougherty Centre

The bus for the bushwalks leaves from the Dougherty Centre, 7 Victor Street Chatswood. The Nutritional Talks are held in the Annexe of the Dougherty Centre on the First Floor of the Childcare Centre.



## Nutritional Information

### February 3<sup>rd</sup> – Bush Tucker / Bushfoods

Discover the gastronomic delights that abound in your local bushland. Try some bush tucker and learn which ones you can plant in your backyard. The talk will be held in The Annexe of the Dougherty Centre on the 1st floor, see map on the next page.

*Presented by Liz Powell Bushcare Habitat Officer for Willoughby City Council.*

### March 17<sup>th</sup> – Diabetes and Heart Health

Diabetes and heart disease affects many Australians and becomes more common as we get older. This talk will explain how you can reduce your risk through lifestyle and diet changes. The talk will be held in The Annexe of the Dougherty Centre on the 1st floor, see map on the next page.

*Presented by Nerimah Twohill Quinn, an Accredited Practising Dietitian from Northside Dietetics.*

### The Older Women's Network NSW

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Sponsored by: Willoughby City Council



## Older Women's Network Chatswood

# Walking for Health

Guided bushwalks and nutritional information specially designed for Older Women

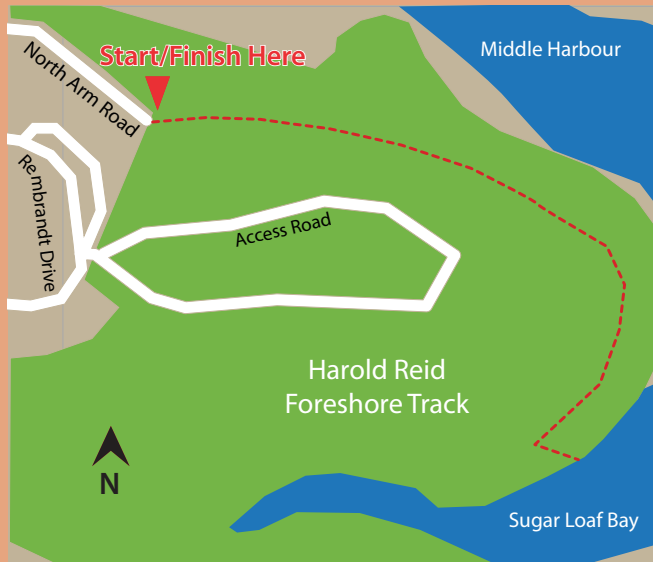


February to May 2010

## Saturday 13<sup>th</sup> March

When 9:30am - 12:00pm  
Where Harold Reid Foreshore Park, Middle Cove  
Grade Easy

Start from North Arm Road entrance, follow the track to the water's edge enjoying natural waterfront bushland, splendid sandstone scenery and wildflowers in the South Arm of Sugarloaf Bay. Return to the North Arm exit where morning tea will be provided.



## Saturday 17<sup>th</sup> April

When 9:30am - 12:00pm  
Where North Arm Walking Track Castle Cove  
Grade Easy

Start from Denawen Ave entrance, we will be passing through some of Sydney's most beautiful harbour-side bushland before returning to Willis Road exit. Small reserves such as this one are vital in protecting our native plants, and we should see several unusual species along the track. Morning tea will be provided..



## Saturday 15<sup>th</sup> May

When 9:30am - 12:00pm  
Where Mowbray Park Walking Track Chatswood West  
Grade Easy to Medium

Mowbray Park forms a beautiful bushland corridor along the Lane Cove River. Starting from Avian Crescent entrance, walk to the waterfall and follow the track via Judy's Arm (lower track) to Chatswood Rotary Memorial Athletic Field. Morning tea will be provided.

