

BROKEN to Brilliant

Gratitude Walk



When: Saturday

Time: 7:30am-8:30am

Where: Meet at Silky Oak Espresso 355a Gympie Road Strathpine on the corner of Buckby Street, near Pine Rivers 7 State High School.

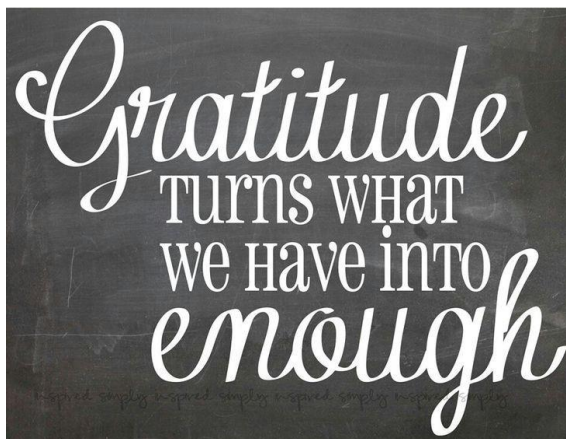
Coffee & chat: After walking, stay for a coffee & a chat

**FREE COFFEE
New WALKERS**
*Limited time only



Walkers

This group is set up to support survivors of Domestic Violence with an inexpensive form of physical activity in a safe and supportive environment. A range of people attend the walks, which provides survivors with a great support network.



Benefits

Outdoor walking groups have wide-ranging health benefits including reducing blood pressure, body fat, total cholesterol & the risk of depression. Being grateful & practising gratitude helps to increase happiness & reduce depression. Walking with a group also reduces social isolation & increases feelings of connectedness.

For more information email: contact@broken2briliant.com

Website: <http://brokentobrilliant.org>