

**Free for all parents**



**Pram  
WALK, Talk &  
EXERCISE Group**

**Contact Louise on 0435 372 369**

Walks are approximately one hour and include walking and exercise.

All Walks and Exercises are led by a Personal Trainer from the Pure Will Fitness Studio with post-natal training qualifications. Walks are also accompanied by a NSW Child and Family Health Nurse who can assist with any questions or challenges faced by new parents.

All participants must complete 6 week post natal medical check with GP prior to commencing.

The Surgery at Jerra  
New Patients Always Welcome.  
[www.tsaj.com.au](http://www.tsaj.com.au)



Pure Will Fitness Studio  
Group Fitness, Personal  
Training, Yoga & Bootcamps  
[www.purewill.com.au](http://www.purewill.com.au)

**PUREWILL**  
FITNESS STUDIO

Rotary Club of Jerrabomberra  
[www.jerrarotary.org.au/](http://www.jerrarotary.org.au/)



Health  
Southern NSW  
Local Health District

# Pram

## WALK, Talk & EXERCISE Group

Free social walks & exercise for parents with children in prams!



*Scott's Photography*

### Jerra

Tuesdays @ 9.30am meet at Jerra Community Centre

### Googong

Thursdays @ 9.30am meet at Beltana Park

[louise@purewill.com.au](mailto:louise@purewill.com.au)

0435 372 369



The Surgery at Jerra



**PUREWILL**  
FITNESS STUDIO

**QPRC**

 Health  
Southern NSW  
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