

# FRASER COAST LIBRARIES

Your Library! Your Lifestyle! Learn... Play... Discover...

## 10,000 STEPS @ FRASER COAST LIBRARIES

**WHERE: HERVEY BAY LIBRARY**

**161 OLD MARYBOROUGH ROAD  
PIALBA**

**DATE: 23/11/11**

**TIME: 10 AM**



You are cordially invited to attend a  
brief information session,  
morning tea & launch of  
**10,000 STEPS @  
FRASER COAST LIBRARIES**



**RSVP:** FRIDAY 18 NOV

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This project will provide free access to pedometers, to help increase the day to day activity and "incidental" physical activity as part of everyday living, for residents of the Fraser Coast.

Significant health and wellbeing benefits can be made simply by moving more every day.

As a representative of a prominent community based organisation we would like to encourage you to join us in this worthwhile project by actively promoting and motivating local community and workplace challenges to increase physical activity levels across the region.