



Jawaabta caafimaad wacan runtii wuxuu yaal cagtaada.

Socodka 30 daqiiqo maalin kasta wuxuu yarayn karaa khatartaada cudurka wadnaha ilaa iyo wax ka badan kala badh. Hase yeeshee halkee baad ka bilaabaysaa? Ka mid noqo Heart Foundation Walking – waa mid xiiso leh, lacag la'aan ah oo fudud. Dadka bilowga ah waan soo dhaweynaynaa.

Si aad wax badan uga ogaato sidaad jidhkaaga iyo maskaxdaada uga dhigi lahayd kuwo firfircoon ka wac 1300 36 27 87 ama ka eeg www.heartfoundation.org.au/walking

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