

# *Movement for Health Campaign*

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*The Malta Association of Physiotherapists  
and the Health Promotion Unit*



*are organising*

*a fun walk on the Sliema Front  
on the 20<sup>th</sup> of September commencing at 10.00am  
starting from Ghar id-Dud.*

*Water, sun block and commemorative T-shirts will be distributed to participants*

*10,000 steps ..... for better health! Keep Active!  
il-mixi... tajjeb ghalik... tajjeb ghal sahhtek !*