

World Lung Day

River walk

We are inviting you to be part of our tobacco free future. Let's come together to celebrate health, spread awareness and inspire change.

Date: Tuesday 25 November 2025

Time: 10am to 1pm with a BBQ lunch

Location: Meet at Bicentennial Park, Kable Ave, Tamworth. Enjoy a walk around the river.

What is World Lung Day about:

An event aimed at raising awareness around keeping our lungs healthy and tackling lung disease. It aims to spread the word about conditions like asthma, COPD and lung cancer, as well as the importance of clean air and quitting smoking. Let's come together to push for better lung health care and stronger action to protect the air we breathe.

Find out more: Call TAMS-AC on (02) 6760 2500 and ask to speak to Damien or Trent.

