



Walk for Life – Sunday 27 November 2022

Walk for Life is a community event organised by Jenny James and Edmund Balnaves whose son Aidan died suddenly and unexpectedly in May 2018 from an abnormal heart rhythm. Walk for Life remembers and celebrates the lives of all beloved young people who have died in similar circumstances from cardiac arrest.

Jenny and Edmund offer a big-hearted warm welcome to all family and friends of people who have died in these circumstances and provide a safe space for the deep sadness from the loss to be expressed, as well as an opportunity to celebrate the joy of having had this person in your life. Everybody is welcome.

Jenny and Edmund have mapped out a beautiful route to walk through Centennial Park, followed by a picnic lunch after the walk. Please feel free to join just for the lunch if you prefer not to walk.

If you would like to attend please register here [registration page](#) for the walk, or email Jenny and Edmund at contact@walkforlife.sydney.