

# HEALTH & WELLBEING

## Walking Group

Discovering your Community by foot!

Feel like getting to know your local community? Discover and tour local attractions by foot (weather permitting). Why not join the group where you can meet new friends, enjoy the fresh air and increase your level of fitness. Group size can determine the pace. Moderate and advanced walkers are welcome!

All walking group participants must register as Community House members.

**Cost: FREE (+\$20/\$12 Annual Membership fee)**

**Date TBD - please enquire at the office – 10.00am set off time**

