

Walk & Connect

Walking Group for women of all ages.

One-off \$10 fee for 6 sessions

Walk with us, meet other women in the community and make new friends, while you exercise.

All participants must have basic level of fitness and be able to walk **3km unaided**.

TUESDAYS

(during school term)

9.30am - 10:30am

Starting 18th July 2023

Where

Further information on meeting point and route will be sent upon registration to the group.

What to bring

- Comfortable walking shoes and clothing
- Hat
- Sunscreen
- Sunglasses
- Water



Bookings are essential as numbers are limited.
Please contact PWHC reception.

(02) 4721 8749

hello@pwhc.org.au