



# WELLBEING WALKING GROUP

**When:** Every Monday (excluding public holidays)

**Time:** 10.30am

**Where:** Meeting at the Olympic Rings around Wendouree lake  
(Hamilton Ave and Wendouree Parade)

Please come and join our walking group specifically aimed at promoting social connectedness and good physical health. There will be staff and volunteers in the group to discuss any mental health concerns you may be experiencing.

**NO BOOKINGS NECESSARY**

For more information, please call – Jordan on 5338 4500 or drop in to our BCH Victoria Street Office at any time. COVID-19 regulations such as masks and temperature checks are required.