



WELLBEING WALKING GROUP

When: Every Monday - Commencing 13th of January, 2020

Time: 10.30am

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

Please come and join a new 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 or Emma on 5338 4500 or drop in to our BCH Victoria Street Office at any time.

Ballarat
Community
HEALTH