



ARAFMI ILLAWARRA
Caring for Carers

Walking Group for Carers

- Are you interested in meeting new people with similar experiences ?
- Are you looking for some motivation ?
- Are you wanting to get some fresh air and enjoy the outdoors more ?

Well why not join our walking group and take positive steps to help reduce stress, have a healthier body, build stronger relationships, and most of all, be happy.

When: First Saturday of the month

Time: 8.30am for a 8.45am start

Venue: Location's may change from month to month, registration is essential



It is essential you contact us for more information or to register for this group, as locations may change from month to month.

please contact 42833 993 or 42833 499 so we can keep you updated on this group.