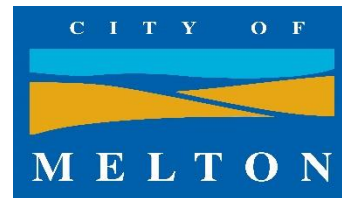




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## *Walking together* towards a healthy mind, body and heart

Walking groups are a social, supportive, and simple way to **boost your health** and **make connections** in your community.

**Take the first step and join your free local walking group!**

Where	When	Starting Point	Walk Organiser
Melton Library	Monday, 9.30am	Melton Library and Learning Hub, 31 McKenzie Street Melton	Rhonda 0411 264 166 Mary 0419 516 233
Melton South	Tuesday, 9.30am	Melton South Community Centre, 41 Exford Road Melton South	Alan 0402 053 175
Taylor's Hill Men's Shed	Tuesday, 10.00am	Morton Homestead, 7 Morton Blvd Taylor's Hill	Laurie 0409 936 787
Lake Caroline	Thursday, 9.30am	The steps on Lake Street Caroline Springs	Bob 0418 223 193
Late Morning Melton South Walkers	Thursday, 11 am	Melton Station Square, 11/17 Station Road, Melton South	Robyn Olsen, olly53@hotmail.com

**Please note:** All groups will leave at the designated time, so please ensure you are 5 minutes early! For more information about a specific walking group, please contact the Walk Organiser directly or contact one of our Melton City Council's Health & Wellbeing Project Officers at:

Email: [socialplanningprojects@melton.vic.gov.au](mailto:socialplanningprojects@melton.vic.gov.au) This information is current on August 2024.