



Penrith Women's
Health Centre
Established 1987

WALK & CONNECT



One-off \$10 fee for a term

**BEGINNER FRIENDLY WALKING
GROUP FOR WOMEN OF ALL AGES.
MAKE NEW FRIENDS WHILE YOU
EXERCISE.**

TUESDAYS

TIME: 9:30 AM - 11 AM

DURING SCHOOL TERM

WHAT TO BRING

- COMFORTABLE WALKING SHOES AND CLOTHING
- HAT
- SUNSCREEN
- SUNGLASSES
- WATER

LOCATION

MEETING DETAILS SENT
UPON REGISTRATION



Facilitator: Yola, PWHC

**CALL TO BOOK YOUR SPOT
(02) 4721 8749**