



## Local walking group for seniors

- Are you aged of 55?
- Have you suffered from a recent illness?
- Would you like to exercise regularly?

### The Graduates

The Graduates is an informal walking group for people who have suffered an illness, offering mutual support and encouragement while exercising.

The maximum walking time is 45 minutes and morning tea is provided afterwards.



### Walk with us

When: 9:30am, every Tuesday

Where: Meet at Melba Park, Market St, Lilydale

Cost: FREE

Bookings essential. Call Inspiro on 9738 8801.

After Hours: Les Dougan 9725 6092  
Brian Walsh 9735 5934

### Wellbeing

Join the group for morning tea after the walk or join in one of the other social activities organised throughout the year.

