



## WALKING GROUP

**This program is located at**

**Mildura Central Shopping Centre  
Corner Deakin Avenue and  
Fifteenth Street Mildura**

### **General Enquiries**

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**[www.schs.com.au](http://www.schs.com.au)**

**This program is funded by:**



**SCHS**  
Sunraysia Community  
Health Services



## Our Walking Group

Our walking group is suitable for people of all ages and abilities. It provides a great opportunity to meet socially and while undertaking gentle exercise.

This walking program provides you with a gentle warm up followed by a walk in a climate controlled, flat and safe environment. You are encouraged to walk at your own pace.

You will have the opportunity to hear about health and wellbeing events that are happening in the community and join with other group members to have a coffee or a chat following your walk.

## Service Information

The SCHS Central Walking group is an indoor community walking program which is led by a qualified exercise leader at Mildura Central.

We have guests attend regularly to talk about various health related issues and information.

### When?

- Weekly on Tuesdays and Thursdays
- We start from 7.45am (registration/sign in)
- 8.00am warm-up then walk
- Finish by 9.00am

### Where?

Mildura Central  
Meet in the food court

## Eligibility

This Walking Group is open to the general community and everyone is welcome.

Please advise your GP or Health Professional about your participation in SCHS Central Walking group.

**Our Walking Group is open to everyone. People of all ages and abilities are welcome.**



You can register at Sunraysia Community Health Services or on the day (forms available from staff at the group).

Walk at your own pace!

## Cost

There is no cost for participation in the Walking Group activity.