



North Yarra Community Health

Men's Walking Group

Men of all ages meet for an outing in or around Melbourne once a month. The purpose is to do a couple of hours walking in green spaces, share lunch or a BBQ, and have a pleasant time together. The walk is not very strenuous. Before heading out of town the group does a quick shop together for their lunch.

Be prepared for Melbourne's 'Four-Seasons-A-Day' weather and comfortable walking shoes are recommended.

Venue: There are 3 pick up points:
10.00am — St Mary's House of Welcome, 165 Brunswick St, Fitzroy
10.10am — NYCH Collingwood Centre, 365 Hoddle St, Collingwood
10.20am — NYCH Fitzroy Centre, 75 Brunswick St, Fitzroy

Time: Last Friday of the month, from 10am to 4pm

Cost: Free and lunch is provided

Contact: Mark Crawford (at Fitzroy)
9411 3555
mark.crawford@nych.org.au

David Krsticevic (at St Mary's House of Welcome)
9417 6497

Please note that no Groups or Activities are held on Public Holidays

We welcome your feedback about Groups or Activities. Contact our Health Promotion Coordinator on (03) 9349 7333.