

# Walk and Talk

- \* Explore the local area
- \* Have fun and get fit
- \* Meet new people
- \* All welcome



**When:** Friday morning 10.00am to 11.00am  
(during school term)

**Where:** Leaving from  
Glenroy Neighbourhood Learning Centre  
5B Cromwell Street  
Glenroy

**Cost:** Free

**For further information or to register**

Phone: 9304-3910

Email: [nhcoordinator@glenlink.vic.edu.au](mailto:nhcoordinator@glenlink.vic.edu.au)

Visit our web page- [www.glenroynlc.org.au](http://www.glenroynlc.org.au)  
or leave a message on our Face Book page

## ABOUT OUR WALK AND TALK

We walk for 40 to 60 minutes every Friday in and around Glenroy area with a group leader.

Walking makes your heart and lungs work harder and therefore creates many benefits for your health. Participating in outdoor activities with others is beneficial for our physical and mental wellbeing.

### **In order to join the Walk and Talk Group you will need to:**

- Be able to walk for 40 to 60 minutes and have the motivation and capacity to do so.
- Check with your Doctor that you are fit enough to walk briskly for up to an hour.
- Complete our registration form and provide all health and medication details before commencing walking with the group

### **For your safety and comfort:**

- You should wear good walking shoes or runners that support your feet and ankles.
- Carry a small bottle of water.
- Carry medication with you if required.
- Wear a sunhat and sunscreen.
- Have wet weather gear if necessary.

### **Where we go Walking and Talking:**

The group walks in and around the Glenroy area. The group might walk as far North as Jacana Station or as far South Oak Park Station. As a special event once or twice a year the group has walked to a particularly pleasant location such as the Valley (Kingsford Smith Ulm Reserve) to the West of the centre and had a picnic lunch. At other times the group has taken part in orienteering activities around the local area. A decision is usually made on the day or on the way about where the group will walk to on each particular day.