



WOMEN'S WALKING GROUP AND DV EDUCATION

**Fortnightly
Fridays starting
6th February, 2026
10.30am - Noon**



Join our team for a walk from the Japanese Gardens to POW camp, followed by a coffee and chat in the gardens afterwards.

Please consult with your doctor or healthcare professional before starting any exercise program.

To register, please call or text
0419 688 183 (Adilee) or
0486 226 865 (Christine)



CatholicCare
Wilcannia-Forbes

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