

Walk yourself happy

Heart Foundation Walking 



Join your local walking group

There's a fun, free and easy way to feel happy and healthy.
It's walking – and everyone is welcome to take part.
Come along to our regular walks to meet new friends
and boost your health.

What: Walking to Wellness

When: Every Monday at 8:30 am

Where: Kinglake Pub Car Park

28 Whittlesea-Kinglake Rd, Kinglake

To connect to this group and others, visit
walking.heartfoundation.org.au and search in your area.



KINGLAKE PHARMACY