



# Get Walking!

Lakes Entrance has a **NEW** walking group for **EVERYONE!**

Join our qualified fitness instructor Megan on **Mondays** and **Wednesdays** from **9.30** to **10.30am** at Gippsland Lakes Community Health (Allied Health Reception) for a leisurely stroll

Sessions are designed for all abilities - you don't need to be super fit, just keen to improve your health and fitness!

Stay around after the walk for a cuppa and a chat

Contact Megan for more information or to register your interest on **5155 8370**