



TAKE A **STEP** TOWARD BETTER HEALTH!

Walking on the last Saturday of every month at 10 AM

Location: Royal Botanic Gardens Melbourne

Birdwood Avenue, Melbourne 3000

This walking program is a fun and safe place to take a walk (at your own pace), learn health tips from local healthcare professionals, and meet new people. The event is **FREE** and all are welcome!

WALKwitha**DOC.org**

Learn more and register:



We are part of an international nonprofit – Chapter #37708