



Active in Parks

A Healthy Parks Healthy People program

PROUD SUPPORTER OF PARKS WEEK 2015

“Connecting with nature improves both physical and mental health”



PARKS WEEK 2015 ACTIVITIES

Tuesday 10th March 9.30am – 11.30am

Beach Walk

5km walk and a group morning tea to follow – bring pennies for a cuppa, food provided.
Meet Dunes Café, Surf Beach Rd, Ocean Grove VIC 3226.

Wednesday 11th March 9.30am – 11.30am

Bush Walk

Explore the Ocean Grove Nature Reserve on a guided tour from a local Parks Victoria ranger followed by morning tea. Meet Ocean Grove Nature Reserve, Grubb Road, Ocean Grove VIC 3226.

To find out more and to **REGISTER (essential)** please contact:

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