



Be active and connect people with nature!



What is Green Gym? Imagine a fun and free outdoor activity where you are able to work on your own health and fitness, while helping to restore local parklands for the whole community to enjoy.

Suitable for varying abilities, join Conservation Volunteers Australia's skilled team leader in some practical conservation and gardening activities over three hours, where you will:

- Meet people in a fun and social setting
- Enjoy some gentle to moderate healthy exercise in nature
- Volunteer to help your community and the environment

Join us weekly from 21 August 2017

Who: Anyone between the ages of 50 and 80 - **bookings are essential**

When: Morning sessions 10am - 1pm or afternoons 1:30pm - 4:30pm

Where: **Monday** - Centennial Parklands **Wednesday** - La Perouse Bicentennial Park

Friday - Randwick Community Centre and Environment Park

For More Information or Register:

Supported by NSW Family and Community Services.



Family &
Community
Services



Centennial
Parklands

Contact Conservation

Volunteers Australia on
02 9331 1610 or
sydney@cva.org.au

cva.org.au/green-gym