



SOCIAL EVENING WALKS FOR WOMEN AT PRINCES PARK

Join City of Melbourne and Victoria Walks for a series of weekly evening walks at Princes Park to connect with local female residents.

The walks will go for approximately 30 to 45 minutes with some extra time to socialise before and afterwards.

Women of all ages and abilities are welcome. Come to one or all six. Walks will take place at Princes Park from 6pm to 7.30pm on:

- Tuesday 29 October
- Tuesday 12 November
- Tuesday 19 November
- Tuesday 26 November
- Tuesday 3 December
- Tuesday 10 December

Dates and times may be subject to change.

You can also join a Nature Therapy Walk at **Royal Park on Wednesday 27 November from 6pm to 7.30pm.**

The Nature Therapy Walk is a guided walk through Royal Park led by a City of Melbourne Park Ranger.

It's a slow, mindful exploration of the plants and animals and green spaces in the park. It incorporates elements of bird watching and nature journaling to encourage deeper observations of the natural world and the health benefits it provides.

Register for the Nature Therapy Walk:

bit.ly/royalparkwalk

Register for the Princes Park Walk:

bit.ly/princesparkwalk

For more information contact: Nancy Pierorazio (City of Melbourne) on 9658 9910 or Jane Holroyd (Victoria Walks) on 9662 3975.