



Celebrating Seniors Week at Kurth Kiln, 3 October 2016



Walking in the bush - a tonic for good health

Proudly supported by Cardinia Shire Council

Come and join in the Kurth Kiln Seniors Event,
?Walking in the bush - a tonic for good health?.

Where: At Kurth Kiln Picnic Ground,
7km north of Gembrook

When: 9:30am - 12:00 Noon

Bring: Comfortable walking shoes

Cost: Free

What is on offer:

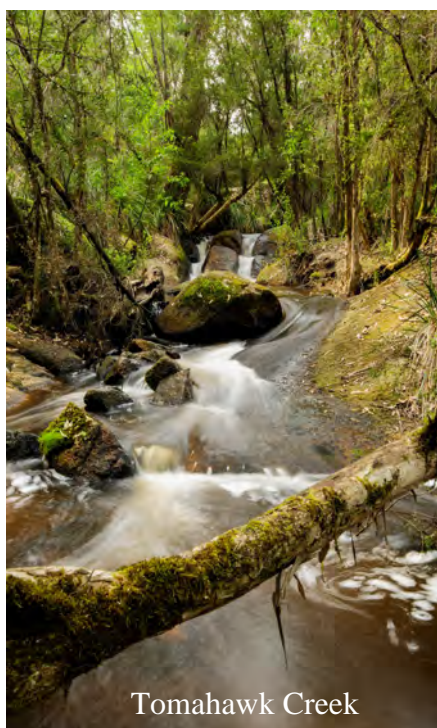
- Welcome address by Cardinia Council
- A short talk about the walks in the beautiful Kurth Kiln Regional Park.
- A choice of walks: 2 km, 4 km, 6 km - or rest at the shed and watch a video.
- Refreshments after the walk
- **Geoff Stokes**, our guest speaker, will speak about 'looking after yourself as an older person'. Geoff was awarded the Victorian Active Senior award in 2014.
- Health and diet tips



Lyrebirds on the Thornton Walking Track

Come and join in on Monday, the 5 October, at 9:30am to 12:00 Noon

For further information, please contact:



Tomahawk Creek

Aileen Thoms,
Health Promotion Manager,
Koo Wee Rup Regional Health
Service,

t - 03 59 979681

m - 0408 230 960,

or

Alfred & Ursula Klink,
Friends of Kurth Kiln,

t - 59674201

e - alfred.ursula@bigpond.com



Kurth Kiln