

# Mindful walking program

Join our four week program and learn important mindfulness practices

**Tuesdays from  
26 August to 16  
Sept (4 weeks)  
1pm to 2pm  
Yarrunga  
Community Centre**

**\$30 for full  
program  
Bookings  
essential**

**Mindful walking can help  
reduce stress and anxiety  
while improving mental health,  
sleep and overall mood.**

Participants are encouraged to attend all four sessions and must be comfortable walking short distances on gravel pathways. This program will continue regardless of weather and may be moved inside if needed.

**Dates:** Tuesdays, 26 August and 2, 9 & 16 Sept 2025

**Time:** 1pm to 2pm

**Location:** Yarrunga Community Centre, Croydon Hills

**Cost:** \$30 per person, covering all four sessions and a light afternoon tea after each session.



## For more information and to book

Visit [www.maroondah.vic.gov.au/Mindfulwalking](http://www.maroondah.vic.gov.au/Mindfulwalking), or scan the QR code or contact Fiona Burridge, Community Wellbeing Facilitator on 9294 5737 or email [fiona.burridge@maroondah.vic.gov.au](mailto:fiona.burridge@maroondah.vic.gov.au)



*Angela Harris, Facilitator*