

WALK YOUR WAY TO WELLNESS

2022
Walking
Dates

Central Coast ARAFMI Support Group

We walk on the second Tuesday of the month at Woy Woy Waterfront.

February 8th & 22nd

March 8th & 22nd

School Holidays

May 10th & 24th

June 14th & 28th

July 26th

August 9th & 23rd

September 13th

October 11th & 25th

November 8th & 22nd



We recognise and support the valuable contribution that carers make to their families, and the broader community.

For more information contact Cath
call (02) 4323 7731
email catherinerowe@ccarafmi.org.au
visit www.ccarafmi.org.au/family-support

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