



an initiative of  
**VicHealth**<sup>TM</sup>

## 6 Week Wednesday Program



Location: Shell Road Reserve,  
Shell Road, Ocean Grove  
Session Time: 10:00 – 11:00am  
Session Dates: 1 May - 5 June  
Cost: \$20 per participant\*

\*\*full program payment (\$20 for all six sessions) is paid upfront when registering online. Sessions are \$5 each, with 2 free sessions per participant.