

**Come along to enjoy a relaxing stroll with a group of like minded women.**

**MUMS AND BUBS  
"WALK IT OUT"  
GROUP**

**Unwind, relieve stress, relax  
use up children's energy  
keep fit!**



**Wauchope group**

When: Wednesday

Commencing: 4th April 2018

Time: 10am-11.30am

Start: Back of Wauchope High  
school

Finish: Rocks Ferry Reserve  
(river)



**CENTACARE**

10-12 Short street Port Macquarie

Stacey Ritchie

Early Links Coordinator

02 6581 6800

0488 339 901

**Uniting**

7 Sherwood Road Port Macquarie

Ashley Roberts

Early Childhood Facilitator

02 6581 6600

0467 782 176