

eastern palliative care



Walking Through Grief



You are invited to join us for scenic walks along trails and around parks in the eastern region.

Share a walk, some talk and make new friends in similar circumstances.

Call the walk coordinators for further details about the Bayswater, Kew and Nunawading Groups.

Phone: 1300 130 813

Walking Through Grief

Eastern Palliative Care
1st Floor, 353 Whitehorse Road, Nunawading VIC 3131
Phone: 1300 130 813

When we are sad and lonely, exercising and socializing can be difficult. But walking and talking with people who understand is a pleasant way of journeying through grief.

Now, you can gently improve your mood, physical fitness and social circle, step by step and day by day with Eastern Palliative Care.

Three separate groups walk along scenic trails and parks in the eastern region. The walks conclude at a local café for refreshments or lunch.

We advise bringing a hat, sunglasses, sunscreen, a waterproof jacket (rainy days only) and a water bottle.

To register for the group please contact **1300 130 813** and ask for the Walking Group co-ordinator in the Bayswater, Kew or Nunawading area.

We look forward to sharing your company.