

Rongoā Kākāriki
GREEN
PRESCRIPTION

Westfield

HARBOUR
SPORT

Albany Mall Walking Group

You are invited to attend the Albany Mall Walking group. Come and join us! It's the perfect start of a journey towards a happier, healthier lifestyle!

19th October - 14th December 2016

Where?

- Meet outside K-mart
- Outdoor and Indoor routes



What?

- Approx 1 hour walk
- Optional social coffee session after

Contact Jodie from Harbour Sport for any other information:
harbour07@harboursport.co.nz or (09) 415 4647