



**WALK & TALK YOUR  
WAY TO WELLNESS**

**INTERESTED IN  
JOINING AN OVER 45'S  
WALK & TALK GROUP?**

**NEW MEMBERS ALWAYS WELCOME!**

**HERE'S WHAT SOME OF OUR CURRENT  
MEMBERS THINK...**

**"I REALLY ENJOY THE  
GREAT COMPANY"**

**"I WOULD RECOMMEND  
THE GROUP TO  
ANYONE"**

**"EVERYONE GETS ON  
SO WELL & IT'S VERY  
WELL ORGANISED"**

**"FANTASTIC GROUP,  
WALK, TALK & ENJOY  
THE CRAIC"**



**JOIN US EVERY THURSDAY NIGHT @ 7PM**  
**MEET @ ST JOHN BOSCO GAC SOCIAL CLUB, WATER ST**