



**Castlemaine District  
Community Health**  
*Facilitating Better Health*

## **Xmas hours for Physical Activity groups**

<b>Tai chi</b>	2018 classes finish Fri 14 Dec	Resume Mon 4 Feb 2019
<b>Gardens Walking group</b>	last day Thurs 20 December	Resume Thurs 31 Jan 2019
<b>Maldon Walking group</b>	last walk 21 December	First walk 15 January 2019
<b>Harcourt Walking group</b>	last walk 20 December	Return to normal schedule 7 January 2019

There will also be some Tai Chi come & try sessions on Jan 14 & 21, watch out for publicity about these.

Other groups coincide with school terms, and will resume after Tuesday 29 January 2019.