

JOINT WALK

ARTHRITIS NEW ZEALAND



Join us for a leisurely stroll along the Harbourside Walking and Cycling Track to celebrate Arthritis Appeal Week.

Come along! People of all ages and fitness levels, including those with joint replacements, are welcome.



Thursday 22 September

Start: Outside Portside Restaurant 2.00pm

Finish: At Portside Restaurant at 3.00pm

Gold coin donation

Dress in **ORANGE** and be in to win the Best-Dressed Walker Prize!

For more information, contact:

Vanessa Stone, ph 03 687 7367

Louise Bee, Sport Waitaki, ph 03 434 9379

