

**LIFT
THE LID
WALK**

**FOR MENTAL
HEALTH 2022**



ROTARY CLUBS of
BOORAGOON, MELVILLE, APPECROSS & ATTADALE

LIFT THE LID WALK for Mental Health -

Thursday 13 October

Shirley Strickland Reserve

8.30am – 4.30pm

(no registration required)

Shirley Strickland Park has a 1.2 km loop track, with hundred metre markings. Do one or more loops!

From 1pm Cycling Without Age trishaw for poorer walkers or enjoy the ride.

Or

Sunday 13th November

DEEPWATER POINT

3:00 pm

(registration required)