



Wellness Walk / Fun Run – Dunedin

10am Saturday 13 October, John Wilson Drive

Join our Wellness Walk / Fun Run to promote enjoyable physical activity and engagement with the natural beauty of Dunedin. This is also an opportunity to connect with people from all walks of life and encourage and support mental wellbeing. Everyone is welcome (pram and wheelchair-friendly) and you can turn around at any time! Enjoy a picnic lunch and finish off with a play at the dinosaur park.

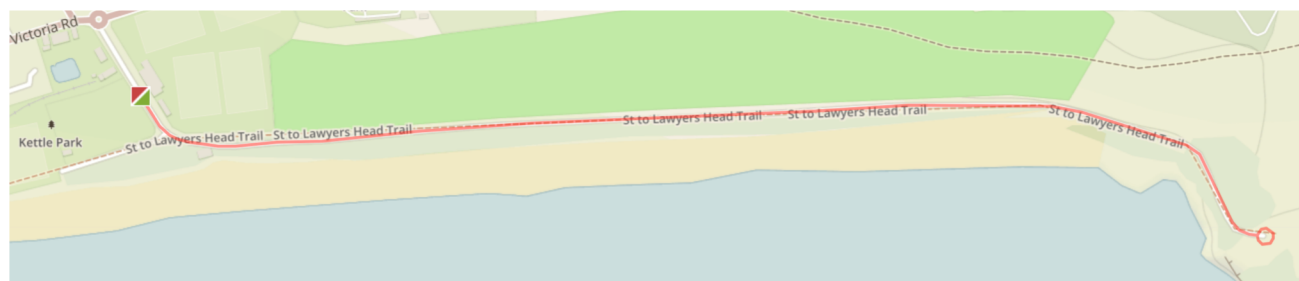
EVENT DETAILS

Enter as a walker or runner, and bring along nana and the kids! This route is 4km in total, down the length of John Wilson Ocean Drive and back.

9:15am-9:50am: Sign in at the Registration Desk (Hancock Park)

10am: START

See us at the end of your walk or run to collect a wee gift pack for participating!



FACILITES

Limited bathroom/changing facilities are available in the Pirates Rugby Clubrooms (at the start of the route). This is a non-smoking and alcohol-free event, but you may bring your own food, non-alcoholic drinks, picnic blankets or any other items you require. We will invite a few food trucks to join us on the day. Participants will need to bring their own drink bottle and water please.

Register Here: <https://www.tickettailor.com/events/mhaw/191493/>