



# Southern Dementia Advisory Group Activity Group & Peer Support



Join the **DAGs** in **Celebrating our Community Success** by joining us on the Kiama Coastal Walk.

**When:** On Saturday 2<sup>nd</sup> December at 9:45 am

**Where:** Kiama Station

**The Plan:** We will begin our trek from Kiama Station, catching the 9:56 train to Minnamurra, arriving at 10:03. From there we will walk to the mouth of the Minnamurra River and follow the coastal track into Kiama, arriving at the Blowhole around 1pm. A distance of about 9 km.

We will then take in lunch.

Feel free to join the group at any point along the route or even at the Blowhole. Feel free to invite family, neighbours, and friends along.

Parts of the walk will be over broken ground and may be difficult or even unsuitable for the frailer amongst us. They may join us at the end.

For more information contact:

[www.southerndag.org](http://www.southerndag.org)

E-Mail: [info@southerndag.org](mailto:info@southerndag.org)

Phone Lynda on **0417 468 977** or

**Dennis** on **0419 417 601** or

**Graham** on **0414 681 051**

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