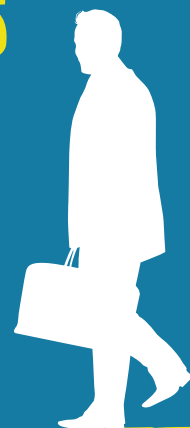


Walk2Work Day

Wednesday 11 March 2015

Leave the car at home and walk,
bus or train - Aim for 30 minutes
a day - or 10,000 steps



Wellington Walk2Work Day

- Free waterfront breakfast from 7-9am at Frank Kitts park near the water whirler - health checks, prizes, music and more
- Morning walk with Mayor Celia Wade-Brown
- Take a walk with the Urban Design Forum on different topics - see the website
- Parks Week - take a walk in your local park or find an event
- Park(ing) Day find the re-imagined car park spaces



Find more Walk2Work Day events:

www.walk2work.org.nz

Absolutely Positively
Wellington City Council

Me Heke Ki Pōneke

Living Streets Aotearoa



greater WELLINGTON

REGIONAL COUNCIL

Te Pane Matua Taiao