

Bright Ideas

News from Knox City Council Bright Ideas Network

July 2018, Edition 28



Winter is perfect walking weather

With clear skies and crisp temperatures, it's a great time to put on your walking shoes and head outdoors. Walking enables you to get out in nature, enjoy some exercise and make new friends. If you are looking to join a group in Knox, why not try one of the Heart Foundation walks. Over the past month, the Knox Ramblers has been exploring Lysterfield, Olinda and Blackburn Lake (pictured) and numbers at the [Knox Street Orienteering Walkers](#) is growing week by week, to the point they have just scheduled a second walk each month and are considering a third! To find a Knox group please click on this [flyer](#) or check out the [Heart Foundation website](#).