



## FREE FOR EVERYONE

A free event to walk, run, volunteer or cheer



## BE PART OF A COMMUNITY

Make new friends and socialise



## FUN FOR THE WHOLE FAMILY

Children and dogs are welcome



## UTILISE SKILLS & BUILD CONFIDENCE

In a safe and welcoming environment



## OPEN AND ACCESSIBLE TO ALL

No experience necessary



Find out more about  
**Invictus Australia and Team Veteran**



Register for parkrun at  
[www.parkrun.com.au/register](http://www.parkrun.com.au/register)