

# THINGS HAVE CHANGED

KEEP THE DATE

INVITATION

TO "HANG OUT"

WITH YOUR FELLOW MEMBERS OF  
THE PHYSIOTHERAPY WALKING GROUP

SUNDAY 19 JULY 2026

2pm - 4pm

GIRL GUIDES HALL - PLYMPTON RD

AFTERNOON TEA PROVIDED    RSVP: JULIE 0419 033 597

## A WALK BACK IN TIME

A VISUAL PRESENTATION ON THE HISTORY OF EPPING

### *New to the area ?? What's In A Name ??*

*Barren Ridges*

*Wallumedegal*

*Carlingford*

*Epping*

*Pennant Hills*

*West Epping*

*North Epping*

*Field of Mars*

*Mobbs Hill*

*East Carlingford*

*Come and join us and learn more about the early days of the  
development of the Epping District.*

*Find out what "Ray Park Heritage Group Inc." is about.*

*Connect with friends both "old" and "new" over refreshments.*



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