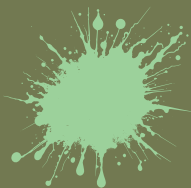


# Glady & Co. CITY EXPLORER 19th July

Join us for a relaxed and inspiring day in Melbourne's vibrant arts and culture precinct. We'll explore the National Gallery of Victoria (NGV), home to a world-class collection of art, exhibitions, and interactive experiences. Whether you're passionate about creativity or just curious to learn something new, there's something for everyone. After exploring the gallery at your own pace, we'll enjoy lunch together and have the option to unwind with a gentle walk through the beautiful Royal Botanic Gardens or along the Yarra River. This program is all about flexibility, connection, and discovery in a supportive and social setting.



- Community access
- Social engagement
- Creative inspiration



- Choice-making
- Observation & focus
- Physical wellbeing



For more information, visit our events tab on our website: [www.gladyandco.com.au](http://www.gladyandco.com.au), call 1300 866 474, or email: [inspire@gladyandco.com.au](mailto:inspire@gladyandco.com.au)

