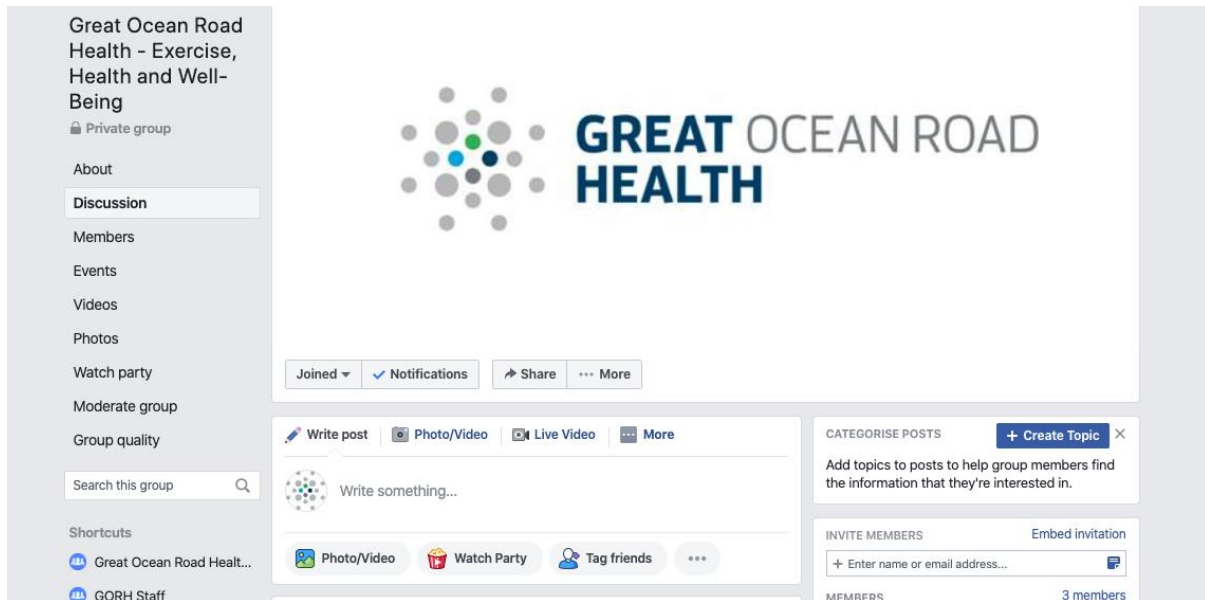


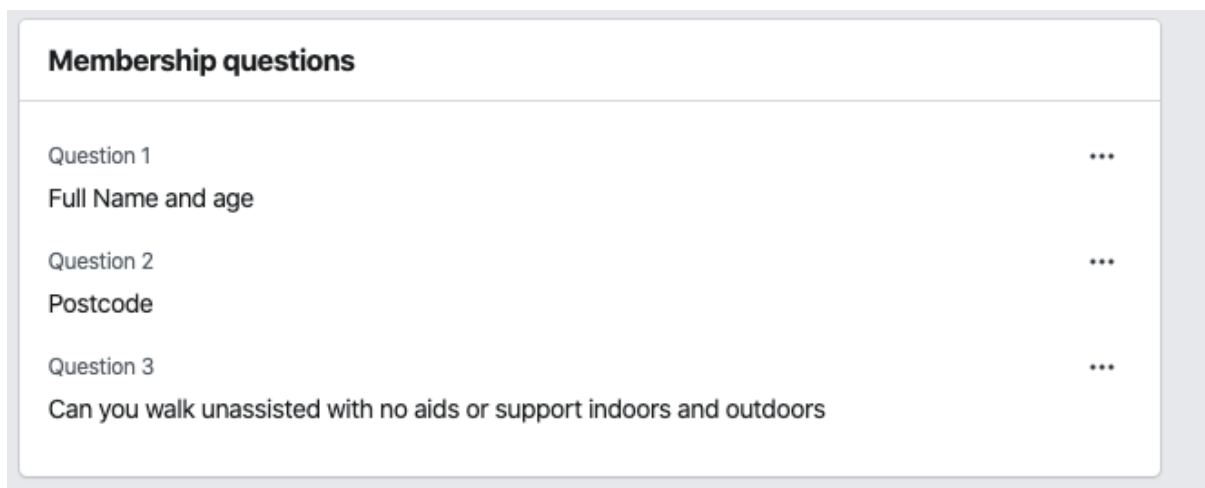
Great Ocean Road Health – Exercise, Health and well-Being.

Instructions to join

1. Search for the group name on Facebook or click the link that was sent to you. It will lead you to this group



2. Click Join group and answer the questions that will be prompted.



3. This will now allow you to access all the videos and posts available. To get to the videos simply click on the tab on the left hand side. Marked in red on the picture.

Great Ocean Road Health - Exercise, Health and Well-Being

Private group

About

Discussion

Members

Videos

Photos

Watch party

Moderate group

Group quality

Search this group

Shortcuts

Great Ocean Road Health...

GORH Staff



GREAT OCEAN ROAD HEALTH

Joined ▾ Notifications [Share](#) [More](#)

[Write post](#) [Photo/Video](#) [Live Video](#) [More](#)

 Write something...

[Photo/Video](#) [Watch Party](#) [Tag friends](#) [More](#)

CATEGORISE POSTS [+ Create Topic](#) [×](#)

Add topics to posts to help group members find the information that they're interested in.

INVITE MEMBERS [Embed invitation](#)

[+](#) Enter name or email address... [✕](#)

MEMBERS 3 members