



Walk 'n' Talk For Life: How It All Began

Walk 'n' Talk For Life was founded by Shannon Nevin to help Australians connect, move, and support each other's mental health.

Shannon, originally from Sydney's Northern Beaches, played professional Rugby League for the Manly Sea Eagles and Balmain Tigers in the 1990s before retiring in 2000 to open his first fitness centre. After witnessing the positive impact of exercise on mental health and being moved by rising suicide rates, Shannon saw an opportunity to combine walking with meaningful conversations to support mental well-being in the community.

In 2016, Shannon launched the first Walk 'n' Talk For Life in Manly, where 200 locals joined for a walk along the beach, received free shirts, and connected over a BBQ. Drawing on his own challenges, including his divorce and his background in fitness, Shannon set out to foster empathy, understanding, and connection through these free community walks.

Over the next few years, he hosted five more events in places like Wagga Wagga and Lithgow, personally funding them. A key connection led to a partnership with The Australian Horizons Foundation, which helped bring Walk 'n' Talk For Life to rural towns across the country.

By mid-2021, over 30 Walk 'n' Talk For Life events had been held nationwide, creating safe, supportive spaces for people to walk, talk, and feel less alone. Although COVID-19 temporarily paused progress, the initiative is rebuilding and looking to grow, to bring more Australians together through the power of walking, talking, and community connection.

For more information, [visit our website](#).