







Heart Foundation Walking Group

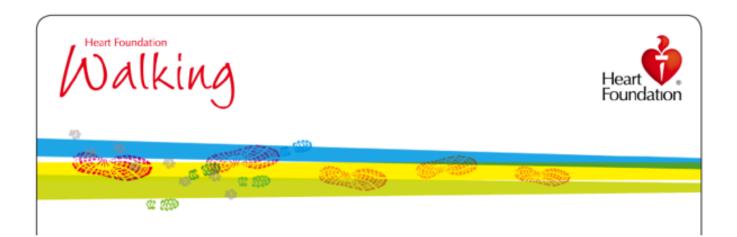


Heart Foundation walking groups are not only good for your health but also a great way to meet people.

Explore various locations within the City of Cockburn

Cost: FREE

For locations and times please refer to the back.



City of Cockburn

Join our FREE local walking groups!

Heart Foundation Walking Groups are note only good for your health but also a great way to meet people. New walkers are welcome and it's free.

<u>Where</u>	When	Starting point	Contact the Walk Organiser
Coogee	Thursdays 8.30am	Coogee Café Powell Rd, Coogee	Barbara 0415 402 450 or 9418 1897 "Coogee Cruisers" <u>Barbara.staines47@gmail.com</u>
South Fremantle	Friday 8.00am	The Meeting Place 245 South Terrace, South Fremantle	Lis 9335 3208 or June 0408 986 395 "South Beach Striders" lisfremantle@gmail.com
Spearwood	Wednesday & Friday 7.45am	Phoenix Shopping Centre outside the Post Office Mall walking group	Jaquie, 0402 584 443 "Phoenix Walkers" marjoriejaquie@hotmail.com
Success	Tuesday 7.45am	Cockburn Gateway Shopping Centre, outside Coles entrance Mall walking group	Ron 0408 852 925 or Dianne 0429 109 992 tblack5@bigpond.com
Coogee (for mum's & bubs)	Tuesday 8am (summer) Tuesday 9am (winter)	Coogee Beach Surf Lifesaving Club Gazebo	Laura <u>t'Hart</u> 0481 793 347 "Seaside Strollers" healthylife@cihealth.com.au