



# 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.

# Heart Foundation Walking



## City of Cockburn

### Join our FREE local walking groups!

Heart Foundation Walking Groups are not only good for your health but also a great way to meet people. New walkers are welcome and it's free.

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