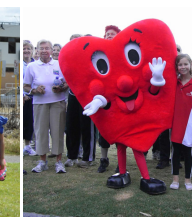


Walking Groups in the City of Cockburn

For more information about healthy lifestyles and the TravelSmart program in the City of Cockburn go to www.beactivecockburn.com.au



Walk Leader/Organiser	Organisation	Meeting point	Day and Time	Phone	Email
Barbara Staines	HFW	Outside Coogee Café, Powell Rd, Coogee	Thursday 9.25 am	9418 1897 0415 402 450	miches2@optusnet.com.au
Bernie Dierks	HFW	South Lake Primary School, cnr Mason Ct and Foxall Place, meet at the 2 nd carpark	Monday 5.30pm Thursday 5.30pm	9418 1535	Bdierks@tpg.com.au
Nandi Chinna and Heather Atwell (Beeliar Wetlands Walking Group)	HFW	Main playground on Progress Drive, Bibra Lake	Sunday 8.30am	9331 3104 0431 970 797	chinnanandi@hotmail.com
Dianne Black (Yangebup Striders)	HFW	Yangebup Shopping Centre, Cnr Moorhen Dr and Swallow Dr, meet next to postbox	6.50am for 7am start	9499 4143 0429 109 992	tblack5@bigpond.com
Ken and Val Norris (coinciding with kids gym classes for parents, but open to other walkers)	Olympic Fun & Fitness	Olympic Fun & Fitness, cnr Berrigan Drive and Lakes Way Jandakot	Wednesday 9.15am Friday 9.15am Friday 10.15am Saturday 10.15am	9417 2153	
Zoe Cooper (Stay-on-your-feet Mall Walking)	ICCWA	Phoenix Shopping Centre, meet outside Coles, enter near Post Office	Wednesday 7.45am for 8am Friday 7.45 for 8am	9420 7212	zcooper@iccwa.org.au
Lilly Jackson (walkers and wheelchairs welcome)	HFW	Southwell Crescent Hamilton Hill	Mornings 8am – ring to discuss	0401 037 672	
Atwell Community Nurse (pram-walking for mothers)	HFW	Cockburn Gateway Shopping City	Tuesday 8.15am	9414 6304	
Leith Cullen (Mums on the Run pram walking group)	HFW	Azelia Ley Homestead Manning Park Hamilton Hill	Monday 10am	0415 365 474	leithbutler@hotmail.com
Maria Bakas	SLOF&NC	Ottoy Centre, 2A South Lake Dr, South Lake	Call for details	94172372	maria@ottoyfamilycentre.com.au
Barbara Hallion (South Beach Friday Striders)	HFW	South Fremantle. Car-park next to South Beach Cafe	Friday 9:30am	9339 4976 0408 383 053	

HFW - Heart Foundation Walking **ICCWA** - Injury Control Council of WA **SLOF&NC** - South Lake Ottoy Family & Neighbourhood Centre

Heart Foundation Walking is Australia's largest network of free community-based walking groups, coordinated locally by the City of Cockburn. HFW is funded by the Australian Government Department of Health and Ageing. Start your own HFW group:

For more information Contact Heart Foundation Walking Area Coordinator Gilly Street on 9411 3444 or email gstreet@cockburn.wa.gov.au

FREE PEDOMETER LOANS ARE AVAILABLE AT ALL LIBRARIES IN THE CITY OF COCKBURN



Government of Western Australia
Department of Health
South Metropolitan Area Health Service

