

Co-Health Program Timetable, Term 1 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
6:50am	HFW Yangebup Shopping Centre, Cnr Moorhen Dr and Swallow Dr, meet next to postbox (year round)		HFW Yangebup Shopping Centre, Cnr Moorhen Dr and Swallow Dr, meet next to postbox (year round)		HFW Yangebup Shopping Centre, Cnr Moorhen Dr and Swallow Dr, meet next to postbox (year round)
8:00am	HFW Southwell Crescent Hamilton Hill (year round) *Ring to discuss – 0401 037 672	HFW Southwell Crescent Hamilton Hill (year round) *Ring to discuss – 0401 037 672	HFW Southwell Crescent Hamilton Hill (year round) *Ring to discuss – 0401 037 672 Nordic Pole Walking – the car-park closest to Azelia Ley Homestead at Manning Park Registration day: 08/02/2012 First session: 15/02/2012	HFW Southwell Crescent Hamilton Hill (year round) *Ring to discuss – 0401 037 672	HFW Southwell Crescent Hamilton Hill (year round) *Ring to discuss – 0401 037 672
8:15am		HFW Cockburn Gateway Shopping City (year round)			
8:30am				HFW Outside Coogee Café, Powel Rd, Coogee (year round) Nordic Pole Walking – Ottey Centre Registration Day: 02/02/12 First session: 09/02/2012	
9:30am	Aboriginal men's cycling group Cockburn Youth Centre First session: 13 Feb 2012				HFW South Fremantle. Car-park next to South Beach café (year round)
10:00am	Heartmoves Cockburn Youth Centre Registration day: 06/02/2012 First session: 13/02/2012	HEAL Individual registration by appointment: 13/02/2012 – 17/02/1012 First session: 21/02/2012		Heartmoves The Salvation Army, Hamilton Hill Registration Day: 02/02/2012 First session: 09/02/2012	
12:00pm					BEAT IT – SLLC
1:30pm		BEAT IT – SLLC Registration day: 24/01/2012 First session: 31/01/2012			
5:30pm	HFW South lake Primary School, Cnr Mason Ct and Foxall Place, meet at 2 nd carpark (year round)			HFW South lake Primary School, Cnr Mason Ct and Foxall Place, meet at 2 nd carpark (year round)	
7:00pm	Aboriginal women's exercise groups with health education Coolbellup Hub – Children's Activity Room First session: 23/01/2012		Aboriginal women's exercise groups with health education Coolbellup Hub – Children's Activity Room		

HFW = Heart Foundation Walking, SLLC = South Lake Leisure Centre

****Please refer to the Lifestyle Directory tab for further details and contact numbers for all programs****