

Heart Foundation  
**Walking**



## City of Cockburn

Current March 2017

### Join our free local walking groups!

Heart Foundation Walking groups are a great way to meet new people and look after your health. Beginners are welcome and it's free.

Where	When	Starting point	Contact the Walk Organiser
Atwell	Monday 9.15am	Stargate Shops carpark across from bottle shop	Kathryn 0406 931 816 revwellpursuit@gmail.com
Aubin Grove	6.15am Fridays + every 2 <sup>nd</sup> Wednesday	Aubin Grove Chiropractic Care	Sandra 9414 3113 or 0438 197 569
Bibra Lake	Sunday 9am	Progress Drive – carpark opposite Gwilliam Drive	Tiffany 0452 105 665 Bibra Lake Walkers tiffany.burridge@gmail.com
Coogee	Thursdays 8:30am	Coogee Café, Powell Rd	Barbara 0415 402 450 Coogee Cruisers
Hamilton Hill	Tuesdays 8am	Outside Salvation Army 30 Erpingham Rd	Lilly 0424 036 693 Walkers & Rollers (wheelchairs welcome)
Jandakot	Wed, Fri & Sat 9am	Olympic Fun & Fitness, Lakes Way, Jandakot	Ken, Val & Damien 9417 2153 Olympic Walkers (non HFW)
Port Coogee	Wed 8.30am	Port Coogee Discount Drug Store	Heemal 6163 4350
South Fremantle	Friday 8am	South Beach Café carpark	Lis 9335 3208 or 0408 986 395 South Beach Striders
South Lake	Thursday 9am during school terms only	Otley Family Centre 2A South Lake Drive	Maria 9417 2372 Otley Walkers (includes Nordic Walking)
Spearwood	Wednesday 9am	Azelia Ley parking area, Manning Park	Annie 0403 188 584 annenardes@yahoo.com
Spearwood	Wednesday & Friday 7.45am	Phoenix Shopping Centre outside Coles near PO	Michael 0419 926 163 or Naomi 0423 833 674 Phoenix Walkers
Success	Tuesday 7.45am	Cockburn Gateway Shopping City, opp Coles outside Amcal	Phil 9472 0104 COTA (non-HFW) Mall walking for older Australians
Yangebup	Winter 6:45, Summer 5:45 Mon, Wed, Fri	Yangebup Shopping Centre next to postbox	Dianne 9499 4143 or 0429 109 992 Yangebup Striders

[www.heartfoundation.org.au/walking](http://www.heartfoundation.org.au/walking)

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