



Walk yourself
happy

Heart Foundation Walking



Join your local walking group

There's a fun, free and easy way to feel happy and healthy.

It's walking – and everyone is welcome to take part.

Come along to our regular walks to meet new friends and boost your health.

City of Salisbury			
Walking group	Meeting Point	When	Contact Walk Organiser
Ingle Farm	IF Rec Centre (Beovich Rd, Ingle Farm for an outing walk (car pool)	Mon & Thur 9.00am	Ursula 8258 5655
Mawson Lakes	Mawson Inter-change (Platform 2 Sthrn end)	Mon / Wed / Fri 8.30am	Christine 0455 977 775
Para Hills	Para Hills Centre (Wilkinson Rd) - library	Tuesday 9am	Lorraine 8263 7333
Salisbury Downs	External entrance near Reject shop Hollywood Plaza Salisbury Downs	Tuesday 9.15am	Jim 8406 8251

PTO for more groups

Visit walking.heartfoundation.org.au for more information

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Groups (continued)

City of Salisbury			
Walking group	Meeting Point	When	Contact Walk Organiser
Parafield Gardens	Morella Community Centre. 90 Kings Rd	Wed 9.00am	Julie 0432 818 377
Salisbury North	Bagster Comm. Centre Bagster Rd, Sals North	Thur 9.30am	BRCC 8250 4167
Salisbury	JYC 1 Orange Ave, Salisbury	Friday 9.00am	JYC 8406 8525
Salisbury North	Carpark near Little Para Trail, cnr Waterloo Cnr Rd & Davis st, Salisbury	Saturday 9.00am	Janet 8258 5993

Please note: all groups will leave at the designated time, so please ensure you are 5 minutes early!

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