

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 'Striders'	Mawson Inter-change (Platform 2 Sthrn end)	Mon / Wed / Fri 8.30am	Christine 0455 977 775 Trevor 0413 433 275
Burton 'Striders'	Burton Community Hub 386 Waterloo cnr Rd, Burton (outside front entrance)	Tue 9am	Ray 0407 889 862

PTO for more groups

Visit [walking.heartfoundation.org.au](http://walking.heartfoundation.org.au) for more information

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Groups (continued)

<b>City of Salisbury</b>			
<b>Walking group</b>	<b>Meeting Point</b>	<b>When</b>	<b>Contact Walk Organiser</b>
Para Hills	Paddocks carpark corner of Bridge Rd & Kesters Rd, Para Hills (once a month outing walk)	Tues 9am	Lorraine 8263 7333
Parafield Gdns <i>'Talk in Stride'</i>	Morella Community Centre. 90 Kings Rd	Wed 9.00am	Julie 0432 818 377
Salisbury <i>'Goody 2 Shoes'</i>	JYC 1 Orange Ave, Salisbury	Wed 9.00am	JYC 8406 8525
Mawson Lakes <i>'VWA Wanderers'</i>	Mawson Inter-change (Platform 2 Sthrn end)	Thur 8.30am	Ruth 0418 820 091
Salisbury North <i>'N'rthern Walkers'</i>	Bagster Comm. Centre Bagster Rd, Sals North	Thur 9.00am	BRCC 8250 4167
Salisbury <i>'JYC Walkers'</i>	JYC 1 Orange Ave, Salisbury	Fri 9.00am	JYC 8406 8525
Salisbury North <i>'Little Para Trailers'</i>	Carpark near Little Para Trail, cnr Waterloo Cnr Rd & Davis st, Salisbury	Sat 9.00am	Allan 0401 652 609

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

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