

# Heart Foundation Walking



## In Campbelltown

### 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
Thorndon Park Paradise (Brilliant Support Walking Group)	Mon & Wed 8am	Through gates to BBQ area	Jill 0411 498 848
Linear Park (Leisurely on Linear)	Tue & Thu 8:30am	Lochiel Park Golf at Geoff Heath Par 3 Golf Course Carpark	Corinne 0413 486 539 (Tue) Heather 0413 718 581 (Thu)
Linear Park (Walkers in Paradise)	Tue & Thu 6am	Silkes Road Bridge Carpark	Carolyn 0409 365 549
Pepper Street Arts Centre (Magill Walkers)	Thu 9am	Rear of Arts Centre	Julie 0401 152 099

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

***If none of the above walking groups suit you... why don't you grab some friends and start your own walking group?***

**Campbelltown City Council**  
**For more information please contact**  
**Bianca Connelly on 8366 9272**



National sponsors



Australian Government  
Department of Health and Ageing



State sponsors



Queensland Government