

Walking together towards a healthy mind, body and *heart*



Walking groups are a social, supportive and simple way to
boost your health and make connections in your community.

Take the first step and join your **free** local walking group:

Walking Group	Walk Organiser	Details
Brilliant Support Walking Group	Jill: 0411 498 848	Thorndon Park - Hamilton Tce, Paradise. Through gates to BBQ area Mon & Wed 8:00 am
Leisurely on Linear	Corinne: 0413 486 539	Linear Park - Lochiel Park Golf at Geoff Heath Par 3 Golf Course carpark Tues & Thurs 8:30 am
Magill Walkers	Julie: julie.carman@optusnet.com.au	Pepper Street Arts Centre (rear) 558 Magill Rd, Magill Thurs 9:00 am

PT Linear Park	Tracy: 0423 098 989	Dock Pond, Reids Road Bridge, Linear Park Wed 10:00 am
Athelstone Linear Park Walking Group	Mauricio: 0466 981 171	Gorge Road, Athelstone Linear Park Carpark (near the Black Hill Conservation Park entrance) Sun 9:00 am
Athelstone & Surrounds Bush Walkers	Sarah: 0414 377 363	*Locations and times vary week to week <i>Please reach out to Sarah for more information</i> *Tuesday 9:00am

* **Search for a group near you** at walking.heartfoundation.org.au/walking OR [Find a walking Group in Australia | Heart Foundation Walking](#), register, contact the Walk Organiser, meet your group and start walking. Join our Walker Recognition Scheme to be rewarded!

* **No group close enough?** Why not become a Volunteer Walk Organiser and [lead a Heart Foundation Walking group in your community](#). Heart Foundation provides training, access to your online profile, a thank you gift for signing up, ongoing communications and invites to events and workshops.

