

Heart Foundation Walking



Campbelltown and Norwood Payneham & St Peters City Councils

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	Mondays 8am Wednesdays 8am	Through gate to bbq area	Jill - 0411 498 848
Morialta Conservation Park	Thursdays 9am	Car park on Stradbroke Road	Sheila – 8337 2570
Linear Park	Tuesdays 8:30am	Car park at Geoff Heath Golf Course – 72 James St	Judalyn – 0417 859 169
Linear Park	Tuesdays 6am Thursdays 6am	Silkes Road Bridge, Paradise	Carolyn - 0409 365 549
Linear Park	Saturdays 8:30am	Playground - Dress Circle Athelstone	Ron – 0419 832 769
Stepney Area	Wednesdays 9:30am	Bakers Delight at the Avenues Shopping Centre	Maria – 0413 483 231
Norwood Area	Tuesdays 10:00 am	In front of Council –corner of the Parade & George St	Maria – 8366 4555

For more information about Heart Foundation Walking visit: www.heartfoundation.org.au

Local supporter



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Norwood
Payneham
& St Peters



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CITY COUNCIL



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