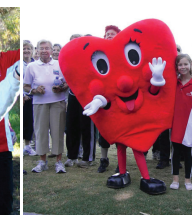


Walking Groups in the City of Cockburn

For more information about healthy lifestyles and the TravelSmart program in the City of Cockburn go to www.beactivecockburn.com.au



Walk Leader/Organiser	Organisation	Meeting point	Day and Time	Phone	Email
Barbara Staines	HFW	Outside Coogee Café, Powell Rd, Coogee	Thursday 9.25 am	9418 1897 0415 402 450	miches2@optusnet.com.au
Bernie Dierks <i>Sometimes away, please call to check</i>	HFW	South Lake Primary school, cnr Mason Ct and Foxall Place, meet at the 2nd carpark	Monday 5.30pm Thursday 5.30pm	9418 1535	Bdierks7@dodo.com.au
Coral Wickham (City of Cockburn Seniors Pole-walking Group)	Be Active & Seniors Recreation Council of WA	Cockburn Senior Centre 9 Coleville Crescent Spearwood	Monday Morning 10am	9411 3871	cwickham@cockburn.wa.gov.au
Nandi Chinna and Heather Atwell (Beeliar Wetlands Walking Group)	HFW	Main playground on Progress Drive, Bibra Lake	Sunday at 9.30am starting 11 April	9331 3104 0431 970 797	chinnanandi@hotmail.com
Dianne Black (Yangebup Striders)	HFW	Yangebup Shopping Centre, Cnr Moorhen Dr and Swallow Dr, meet next to postbox	6.50am for 7am start	9499 4143 0429 109 992	Tblack5@bigpond.com
Ken, Val and Damien Norris Olympic Fun & Fitness, Jandakot	Olympic Fun & Fitness	Olympic Fun & Fitness, cnr Berrigan Drive and Lakes Way	Wednesday 9.15am Friday 9.15am Friday 10.15am Saturday 10.15am (coinciding with kids gym classes, but open to other walkers)	9417 2153	
Zoe Cooper (Phoenix Shopping Centre Mall Walking)	ICCWA	Phoenix Shopping Centre, meet outside Coles, enter near Post Office	Wednesday 7.45 for 8am Friday 7.45 for 8am	9420 7212	zcooper@iccwa.org.au
Lilly Jackson (walkers and wheelchairs welcome)	HFW	Southwell Crescent Hamilton Hill	Mornings 8am – ring to discuss	0401 037 672	
Wendy Hegarty & Wendy Hogan- Smith South Lake Community Nurse (pram-walking for mothers)	HFW	Cockburn Gateway Shopping City	Tuesday 8.15am	9417 4927 9417 4927	Wendy.Hegarty@health.wa.gov.au Wendy.Hogan-Smith@health.wa.gov.au
Leith Butler (Pram Walking)	HFW	Azelia Ley Homestead Manning Park Hamilton Hill	Monday 10am	0415 365 474	leithbutler@hotmail.com
Maria Bakas	SLOF&NC	Ottoy Centre 2A South Lake Drive, South Lake	Call for details	9417 2372	maria@ottoyfamilycentre.com.au

HFW - Heart Foundation Walking **ICCWA** - Injury Control Council of WA **SLOF&NC** - South Lake Ottoy Family & Neighbourhood Centre

FREE Pedometer Loans are available at all libraries in the City of Cockburn

For more information Contact Heart Foundation Walking Area Coordinator
Gilly Street on 9411 3444 or email gstreet@cockburn.wa.gov.au



Government of Western Australia
Department of Health
South Metropolitan Area Health Service

