

Join your local walking group



Step out for health

There's a fun, free and easy way to feel happy and healthy. It's walking – and we're here to help you get started. Contact us to find your local walking group or to learn about walking solo.

walking.heartfoundation.org.au

| Contact | When | Meeting Point |
|---|---|---|
| Local Coordinator Charles Patterson | Wednesdays 10AM - 11:30AM Fortnightly | Elsternwick Park Parking on Bent Avenue |
| Caulfield Community Health Service 9076 6222 | Saturdays 2PM - 3PM Fortnightly | Caulfield Park Corner of Balaclava and Hawthorn Rds |
| | Thursdays 11AM - 11:30AM Fortnightly | Ashley Ricketson Centre Reception |

Supported by the:
 Australian Government
 Queensland Government



Caulfield
 Community
 Health Service
 Part of **AlfredHealth**