

# Heart Foundation Walking



## Cardinia Walking Groups

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.

Group	Day	Time	Meeting Point	Location
<b>Toomuc Valley</b> Pakenham	Tuesday	9.30am	Outlook Community centre	24 Toomuc Valley Road, Pakenham
<b>Y Walk</b> Pakenham	Tuesday Thursday	10am 10am	Cardinia Life YMCA	4 Olympic Way, Pakenham
<b>Lakeside Dog walking</b> Pakenham	Friday	4.30pm (5.30pm during daylight savings)	Deck by the lake	Below the Cardinia Cultural Centre Lakeside Boulevard, Pakenham
<b>Animal Doctors @ Pakenham Dog walking</b>	1 <sup>st</sup> Sunday of each month	9am	Various (contact the Animal Doctors @ Pakenham for details)	Group rotates walks at Lakeside, Arena, Rotary Park and Heritage Springs
<b>Arena Estate Officer</b>	Tuesday	7pm	Arena park playground	Arena Parade, Officer
<b>Arena morning group Officer</b>	Friday	8.20am	Arena Shopping Centre	Princes Highway and Cardinia Road, Officer
<b>Alma Treloar Reserve</b> Cockatoo	Thursday	9.30am	Car park near the toilet block	Alma Treloar Reserve, McBride Street, Cockatoo
<b>Women's group</b> Cockatoo	2 <sup>nd</sup> Monday of each month	1pm	Car park	Cardinia Casey Community Health Service, McBride St Cockatoo
<b>Koo Wee K9 dog walking group</b> Koo Wee Rup	Monday Daylight savings	6.30pm	Bus terminal car park	Rossiter Road, KooWeeRup
<b>Evening walkers</b> Koo Wee Rup	Thursday Daylight savings	7pm	Bus terminal car park	Rossiter Road, KooWeeRup
<b>Walk n Talk</b> Koo Wee Rup	Monday Thursday	9am 9am	KooWeeRup Regional Health Service	Rossiter Road, KooWeeRup
<b>Killara walkers</b> Koo Wee Rup	Monday Friday	1.15pm 1.15pm	Killara Hostel	Rossiter Road, KooWeeRup
<b>Happy Feet</b> Lang Lang	Monday Thursday	10.30am 10.30am	Community Centre	Westernport Road, Lang Lang

**For more information on any of these walking groups, contact Cardinia Shire Council on 1300 787 624 or visit the Heart Foundation website [www.heartfoundation.org.au/walking](http://www.heartfoundation.org.au/walking)**

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