



Heart Foundation

Walking

Would you like to join a fun free walking group?

What: Walk 'n' Talk

When: Mondays - 9.00 am Thursdays- 9.00am

Where: Kooweerup Regional Health Service Entrance

What: The Walkers

When: Thursday evening 7pm

Where: V line car park Rossiter Road

This group walks for between 30mins and 1 hour around Kooweerup and environs

These groups are moderately paced

What: The Waddlers

When: Mondays -9.00 am **Where:** Mens Shed Entrance

What: The Killara Walkers

When: Mondays -1.15pm Fridays 1.15pm

Where: Killara Hostel

These are slower paced groups, ideal for those who walk with an aid

What: Koo Wee K9 dog walking group

When: Mondays – 6.30 am

Where: V line car park Rossiter Road

Heart Foundation walking is a fun, free and easy way to be more active.
Start walking today for a healthier lifestyle.

For more information about joining this group or starting your own, please contact
KRHS on 5997 9681



KOOWEERUP
REGIONAL HEALTH SERVICE

