



Walk yourself  
**happy**

Heart Foundation Walking



## join the walkerville walkers!

There's a fun, free and easy way to feel happy and healthy. It's walking - and everyone is welcome to take part. Come along to the weekly walks to meet new friends and boost your health.

The group meet on Mondays mornings at the car park next to the Tennis Courts on Stephen Terrace and Creswell Court.

April - September meet at 9.00am.    October - March meet at 8.30am.

The group have four different routes that rotate each week, and if there is a fifth week in the month they organise a surprise route.

First Monday of the month: The Parks Walk

Second Monday of the month: The O-Bahn Walk

Third Monday of the month: The Playground Walk

Fourth Monday of the month: The Zoo Walk

Fifth Monday of the month: Surprise Walk

To register to walk or for more information please visit [walking.heartfoundation.org.au/walking](http://walking.heartfoundation.org.au/walking) or contact 8342 7100 or [walkerville@walkerville.sa.gov.au](mailto:walkerville@walkerville.sa.gov.au)

All walkers are required to sign in at the start of the walk and sign out at the conclusion.

TOWN OF



WALKERVILLE

