



Heart Foundation Walking

Walking Group	Group Type	Suburb	Day & Time	Meeting Place
Coburg Walking	General, everyone welcome. Moderate walking pace. 1 hour	COBURG	Monday 6.30 pm	Outside Merri Community Health Services—368 Sydney Road, Coburg (enter via Harding Street)
Moreland Movers	Moderate paced walking group for All welcome	COBURG	Wednesday 6.00pm	Outside Merri Community Health Services—368 Sydney Road, Coburg (enter via Harding Street)
Active Over 50's	Moderate walking pace for anyone Over 50	COBURG	Thursday 9.30am	Outside Merri Community Health Services—368 Sydney Road, Coburg (enter via Harding Street)
Glenroy Pram Walkers	Walking group for those with prams and small children	GLENROY	Friday 10.00am	Various meeting places around Glenroy
Brunswick Neighbourhood House Group	1.5km walk at a place of interest Cuppa stop half way	BRUNSWICK	Thursday 9.30am	Brunswick Neighbourhood House. 43A De Carle Street, Brunswick. Ph. 9386 9418 to register
Sussex Neighbourhood House Group	Social walking group for everyone. Cuppa afterwards	NORTH COBURG	Wednesday 10.00am	Sussex Neighbourhood House. 235-237 Sussex Street Coburg North. Ph. 9354 2210 to register
Glenroy Neighbourhood Learning Centre	Two general walking groups Cuppa afterwards	GLENROY	Monday & Friday 10.00am	Glenroy Neighbourhood Learning Centre. 5B Cromwell Street, Glenroy. Ph. 9304 3910 to register
Brunswick Squares Walking Group	One hour walk near Princess Park Area	BRUNSWICK	Mon & Tues 6.30pm, Sat 6.45am	Meet outside McDonalds, Barkly Square Shopping Centre, 90 Sydney Road Shop 47, Brunswick
Brunswick Pram Walkers	For those with prams or small children. Cuppa afterwards	BRUNSWICK	Friday 10.00am	Brunswick Neighbourhood House. 43A De Carle Street Brunswick
Pascoe Vale Walkers		PACOE VALE	Mondays at 6.15pm	Cole Reserve, Pascoe Vale

A network of FREE community based walking groups. Meet friends, keep fit & stay motivated. Please note all groups will leave at the designated time, so please ensure you are 5 minutes early!

For more information, please contact the Health Promotion Officer on 8319 7423 Or email healthpromotion@mchs.org.au