

## **Heart Foundation**

Greenwell Point Walking Group - Winter Calendar 2017.

**Monday** the group meets at the Jetty/ Titania Park at 8 am. As per the calendar.

**Wednesday & Friday** walking starts at the gate of the Bowling Club in Greens Rd. at 7.30am then meets up with fellow walkers along Greens Rd., walking locally at own pace for about one to one and a half hours.

05/06/17	12/06/17	19/06/17	26/06/17		
local	local	local	<b>Currarong</b>		
03/07/17	10/07/17	17/07/17	24/07/17	31/07/17	
local	local	local	<b>Kiama</b>		
07/08/17	14/08/17	21/08/17	28/08/17		
local	local	<b>local</b>	<b>Plantation Point- Huski</b>		

Why Walk?

Why the Heart Foundation recommends walking?

There are many ways to be physically active, but walking is the number one activity Australian adults do on a regular basis, because it is suitable for people of all ages and fitness levels. It can be done just about anywhere and is free. Walking also has a very low risk of injury as it is low impact (not jarring on the joints) and doesn't require any special equipment or training.

**New walkers are very welcome to join our Greenwell Point Group, come along to walk, talk or share a laugh!**

HF Walk Organiser : Tanya

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Contact <http://walking.heartfoundation.org.au> for more information.