

COMMUNITY WALK WEEK EVENTS 1st – 8th NOVEMBER 2009

1st November

Nedlands Festival Walk

A walk along the Nedlands foreshore
Charles Court Reserve Nedlands
City of Nedlands
Contact: Melanie Cathie
Tel: 9273 3559

Kick Start

Kick starting weekly walking program!
Kings Park Perth
Contact: Vikki Phillpott
Tel: 9401 8020

Park Walks

Two easy walks of 3.5km through
coastal vegetation and pathways
Naragebup Environment Centre
Friends of Point Peron
Contact: James Mumme
Tel: 9591 1540



Walk with the Mayor

A walk with Mosman Park Mayor,
Ron Norris
Memorial Park Bay View Tce
Town of Mosman Park
Contact: Laura Garside
Tel: 9384 1633



2nd November

Mercy Village Wembley Walk

A guided tour for seniors
Mercy Village Wembley Park
Town of Cambridge
Contact: Lisa Wheatley
Tel: 9347 6082

Peel Region Walk Week

Free come & try days hosted by local
community walk groups & clubs
South Metro Public Health
Contact: Robyn Lister
Tel: 9586 4509

Community Walkthon

Community members will be encouraged to walk instead of using their car.

Shire of Toodyay

Contact: Joanna Buegge

Tel: 9574 2258



Champion Walkers

A celebration of local walking groups, walk and a morning tea

Champion Lakes Armadale

City of Armadale

Contact: Daniel Cain

Tel: 9399 0652



Water Walkathon

For seniors and people with disabilities (of any age)

Armadale Aquatic Centre

Armadale water walkers

Contact: Ian Sutherland

Tel: 9399 8562

Walk Back in Time

Yanchep National Park

Two walks uncovering ancient secrets about Yanchep!

Dept of Environment and Conservation

Contact: Julia Coggins

Tel: 9561 1004

Walking for Better Health Week

Walking groups for morning and after work led by Peninsula Palms at

Dampier-Peninsula Palms

Peninsula Palms

Contact: Melissa Kezic

Tel: 9183 1888

Peel Region Walk Week

Various events hosted by local community walk groups in the Peel region

South Metro Public Health Unit

Contact: Robyn Lister

Tel: 9586 4509

Walk Week

Walk around Champion Lake 5km
led by Armadale Health Service
Armadale
Contact: Lyn Anderson
Tel: 9391 2350

Walk There Today

Physical Activity Can Be Fun!!! led by
Collie Medical Group
Collie
Contact: Monique Murray
Tel: 9734 1233



Women Walking

Family walk for our health with
morning tea in the park with games
for kids organised by Gosnells
Women's Health Service
Gosnells
Contact: Jemma Snow
Tel: 9490 2258

JMC Walking Group

Early morning walk everyday for
exercise, approx 30 to 45 mins each
day organised by John Milne Centre
Contact: Aye Aye Moe
Tel: 9365 3506

Coodanup Walk

45-60 Minute Walk at your own pace
Organised by SRCWA-Peel Branch
Coodanup Foreshore Reserve
Contact: Lyn Frings
Tel: 9535 5342

3rd November

Keep Fit Keep Walking

Benefits of walking and promoting
our WHRC walking groups led by
Women's Health Resource Centre
Contact: Amy Pilliner
Tel: 9964 2742

The Fremantle Cockburn TravelSmart Trek

Walk from Fremantle Train Station to
East Fremantle organised by City of
Cockburn/City of Fremantle
Contact: Jilly Street and Aaron Kelz
Tel: 9411 3503



Seniors Walk & Morning Tea

The Seniors Walk Group will walk for half an hour and meet for a cuppa led by QEII Seniors & Community Centre

Contact: Rosetta Finlay

Tel: 9921 2684



Come Walk With Us!

Bring some change to enjoy a cuppa and morning tea at Burns Beach Cafe after the walk led by Women's Healthworks

Burns Beach

Contact: Joanne Horvat

Tel: 9300 1566

20'Something Women's Walkout

3km walking circuit from Ocean drive; Left onto Mangles st; Left onto Minnip Rd; Left onto Hayward St and left onto Ocean Drive again

Corner of Hayward St & Ocean Drive

Contact: Rowena Cramp

Tel:

4th November

Butler Community Kitchen

Community Centre walk organised by the ladies of the migrant community kitchen - a multicultural walk. Taking in the sights of Butler/Brighton community

Contact: Clare Sharp

Tel: 9562 5635

Community Walk

Join In A Lunchtime Walk organised by the Gascoyne Population Health

Unit: Carnavon

Contact: Lynne Mitchell

Tel: 9941 0582

Walk Back in Time

This walk will not just let you get some healthy physical activity but will inspire you with the ancient secrets of our amazing continent.

Yanchep National Park

Contact: Julia Coggins

Tel: 9561 1004



Morning Walk

The community can participate in an early morning walk around Avocoa Farm and the ski lake

Narembeen Avocoa Farm

Contact: Caroline Robinson

Tel: 9064 7308

Walk and Talk

A social walk leaving from Maddington community centre with morning tea afterwards; and healthy lifestyle information delivered by the health promotion officer: Maddington Community Centre

Contact: Jemma Snow - 9490 2258

Come on Leonora - Lets Walk!

Encourage people to come for a walk around the streets of Leonora with the aim of starting a walking club....participation and fun.

Leonora Town

Contact: Michaela Andersen

Tel: 9037 6379



Walking Group

Jandakot - Glen Iris Trek

Organised by Olympic Fun & Fitness

Contact: Ken Norris

Tel: 9417 2153

Seniors Mobility Classes Walk

The Seniors Mobility classes run through Northam Day Hospital will have a walk around the bridges from Bernard Park followed by a healthy morning tea

Contact: Julia McGregor

Tel: 9690 1325

Active Dardanup Crooked Brook Walk

A free community walk as part of the Active Dardanup project

Crooked Brook, Dardanup

Contact: Holly Wintle

Tel: 9795 8470

Mercy Village Wembley Walk

Seniors at Mercy Village will be taken on a guided walk of their area led by the Town of Cambridge TravelSmart Officer to show how close the seniors live to the shops, hospital and other key services.

Contact: Lisa Wheatley

Tel: 9347 6082

Walk Northam

Fun Northam walkabout, details to be designed by participants organised by the Wheatbelt Public Health Unit

Northam

Contact: Lisa Rooke

Tel: 9622 4320

5th November

Community Walk and Breakfast

A walk along the river followed by a Travelsmart talk and breakfast
Gavey Park

Contact: Sally De La Cruz

Tel: 9477 7212

Healthy Heart Walkers Walk Week Event

Community walk around Tomato Lake to maintain some exercise or to commence a regular exercise routine

Tomato Lake; Kewdale

Contact: Carol Chong

Tel: 9458 0505



Corrigin Community Walk

Meet at Apex Park for a casual walk around the town site following one of Corrigin Walking Routes.

Contact: Heather Talbot

Tel: 9063 2203

Corrigin Community Walk Week Event

Meet at the Shire office for a walk around the town site.

Shire of Corrigin

Contact: Heather Talbot

Tel: 9063 2203

Walk Week Community Walk and Breakfast

Join us for a walk along the river followed by a light breakfast in the Garvey Park

Contact: Penny Burtenshaw

Tel: 9477 7409

Two Feet and a Heartbeat!

We will put on a healthy breakfast for anyone who walks or rides to work on the day. Participants will also receive a hat, water bottle or sweat towel.

Contact : Joel Canning at QV1

Tel: 9216 4348



East Perth Cemetery Tour

Walk from Mineral House to historic East Perth Cemetery for a tour of the grounds and walk back to Mineral House

Contact Jan Mason

Tel: 9222 3499



6th November

Healthy Heart Walkers

Community walk for Healthy Heart Walkers around the Pioneer Park in Gosnells for exercises and fitness

Canning Division of GP's

Contact: Ann Worrall

Tel: 9458 0505

Dunsborough Walkers

A leisurely one hour stroll along the Dunsborough foreshore.

Dunsborough Beachfront

Contact: David Pilpel

Tel: 9755 3966

Goomalling Walk Trail Grand Opening

The Goomalling walk trail will be complete in October 2009. Walk week will be used to encourage members of the community to come to the grand opening and walk the trail. Healthy Foods and BBQ will be supplied after the walk
Goomalling Recreation Centre
Contact: Joanna Buegge
Tel: 9629 1101



Cultural Walk

On this walk you will be inspired about Aboriginal culture in an area which was used frequently by Aboriginal people prior to European settlement.

Yanchep National Park
Contact: Julia Coggins
Tel: 9561 1004



Women's Health Day

Women's Health Day on a Friday in November (date to be decided) to coincide with our visiting female GP. A number of speakers will present to our ladies on a range of health issues.

Saddleback Medical Centre
Contact: Vanessa O'Brien
Tel: 9642 1005

Walk Week

A group will get together to do a number of exercises; run & walk for 1 - 2 hours.

Perth CBD
Contact: Raelene Tooker
Tel: 0408 955 397



Parish fun Health Walk

Parishioners will be encouraged to walk around the Reserve (3.5KM) at their own pace led by St Denis Community

Yokine Reserve
Contact: Adolf Fernandes
Tel: 9258 0863

7th November



Active Dardanup Crooked Brook Walk

A free community walk as part of the Active Dardanup project led by Heart Foundation

Crooked Brook - Dardanup

Contact: Holly Wintle

Tel: 9795 8470

A bushwalk in Your Own Backyard

Join Amanda and Sheridan for a walk along the 2.4 km guided walking trail and enjoy this fantastic example of our beautiful landscape. A healthy light lunch will be provided.

Billyacatting Nature Reserve

Contact: Sheridan De Lacy

Tel: 9046 5006

Walk-A-Wyal

Options of 2.6, 4, or 6 km walk along our Walk-A-Wyal track, flora & fauna appreciation

Shire of Wyalkatchem

Contact: Jule Austin-Jugen

Tel: 9681 1166

8th November



Be Active Beelias Walk Trail Launch

To launch the Be Active Beelias walk trails which link paths in the Beelias residential estate to a series of walk trails in the Beelias Regional Park

Beelias Oval

Contact: Brad Goodlet

Tel: 0408 886 164

2009 Walk Week

A community event in which participants will engage in at least 30 minutes of physical exercise in the form of walking to be held in Kondinin

Contact: Jennifer Wills

Tel: 9889 1006



Community Walk

Community walk and morning tea
Organised by the Wickepin Health
Service

Wickepin Health Centre

Contact: Joanna Pascoe

Tel: 9888 2222

Walking is Fun in Denmark

"Walking Tall" and conducting
exercises on methods to stretch and
improving balance with a healthy
morning tea.

Recreation Centre and walk trails

Contact: Damian Schwarzbach

Tel: 9848 2044