

Heart Foundation Walking Group

Join our Centre Walking Group and take positive steps to help reduce stress, have a healthier body and most of all, be happy. Walking in a group helps you stay safe when exercising.



Make friends. Be part of your community.

Meet: in car park behind Fasta Pasta,
cnr Pimpala and Main South Roads.

When: Mondays and Thursday

Time: 9.00am

Cost: Free

Further information: Phone Rob on 8384 6776

Woodcroft Morphett Vale Neighbourhood Centre
175 Bains Road, Morphett Vale
P: 8384 0070 W: www.wmvnc.org



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