



GLENORCHY On the GO



Heart Foundation Walking

Fun, Friends, Feeling Good....

Who	When	Where?	Contact Person
Berriedale Walk & Talk	Mon 9.30 – 10.30am	Various locations	Gary 0428 523 592
Goodwood Goers	Mon 9.30 - 10.30am	Goodwood Community Centre	Chris 0448 210 089
Best Foot Forward	Mon 1.00 – 2.00pm	Various locations	Lynette 0407 493 280
Berriedale Walk & Talk	Wed 9.30 – 10.30am	Various locations	Gary 0428 523 592
Goodwood Goers	Wed 9.30 - 10.30am	Goodwood Community Centre	Chris 0448 210089

If you are interested in joining a group or start a group, contact Glenorchy City Council's Healthy Communities Officer 62166309 or the Walk Coordinators for each Walking Group near you.