**A qr code on a white background

Description automatically generated3.4 Activity - Heart Foundation Walking groups**

**Scan the QR code or visit** [walking.heartfoundation.org.au/walking](https://walking.heartfoundation.org.au/walking) **to find a group, register, and start walking!**

Walking is a great way to be **social**, **stay active** and **feel connected** to your community! Take the first step and join a **FREE** Heart Foundation Walking group in your area:

**Blacktown area**

|  |  |  |  |
| --- | --- | --- | --- |
| Walking Group | Meet Spot | Contact - Walk Organiser | Walk Times |
| KRMC Walking Group | Francis Park, Blacktown Showground | Ann 0431 222 798 | 7am  Mon, Wed & Fri |
| ECQ Walking Group | Live Well Health Club, Eastern Creek  Shopping Centre | Rio 02 9767 2840  [**marketing@ easterncreekquarter.shopping**](mailto:marketing@easterncreekquarter.shopping) | 9am  Wed |
| Filipino Walkers | Dyanmila picnic shelter  Bungarribee Park | Imelda 0425 284 851 [**filipinowalkers@gmail.com**](mailto:filipinowalkers@gmail.com) | 8am  Sat |
| HEALTHICARE | Blacktown Exercise Sports and Technology, Rooty Hill | Camelia 1800 828 828 [**camelia.najjar@healthicare.org.au**](mailto:camelia.najjar@healthicare.org.au) | 10am  Fri |
| Rooty Hill Multicultural Group | Plumpton Park | Gladyss  [**gpanoncillo@bigpond.com**](mailto:gpanoncillo@bigpond.com) | 10am  Mon -Sat |
| Too Deadly | Emerton Post Office | Bev  **[Beverley.Donovan@ health.nsw.gov.au](mailto:Beverley.Donovan@health.nsw.gov.au)** | 5am  Tues, Wed & Thurs |
| Mt Druitt Medical Centre Walking Group | Car park, Mount Druitt Medical Centre | Maureen [**m.wan56@gmail.com**](mailto:m.wan56@gmail.com) | 9am  Wed & Fri |
| Blacktown and Surrounds Walkers | A different walk every week - contact Walk Organiser | David  0426 880 646 | 10am  Thurs |

**Cumberland, Hills and Parramatta areas**

|  |  |  |  |
| --- | --- | --- | --- |
| Walking Group | Meet Spot | Contact - Walk Organiser | Walk Times |
| Stockland Merrylands | Food Court Entrance (near Baked &Co Coffee) Merrylands, Shopping Centre | Brian  [**bcd1220@gmail.com**](mailto:bcd1220@gmail.com) | 7.45am Tues, Thurs, Fri & Sun |
| Let’s Walk | Les Shore Reserve, Glenorie | Andrea 0460 353 542 | 9.30am Mon |
| Rouse Hill Warrior Walkers | Hills Centenary Park Commercial Rd, Rouse Hill | Irene  [**irene@graphicdesignoz.com.au**](mailto:irene@graphicdesignoz.com.au) | 7am  Mon, Wed & Thurs |
| The Winston Walkers | Main entry of Winston Hills Mall (Outside Cafe Els) | Stephen  [**machong@optusnet.com.au**](mailto:machong@optusnet.com.au) | 9.15am  Mon |
| Friday Frolic in Parramatta Park | Gate House Tea House, Pitt street entrance | Stephen  [**machong@optusnet.com.au**](mailto:machong@optusnet.com.au) | 9.15am  Fri |
| Parramatta Park Walking Group | Pitt/Macquarie Street park gate | Stephen  [**machong@optusnet.com.au**](mailto:machong@optusnet.com.au) | 8am  Sat |
| Westmead Parramatta Park Walkers | Queens Road entrance, Parramatta Park | Ruth  [**ruth49@tpg.com.au**](mailto:ruth49@tpg.com.au) | 9am  Sat |
| North Rocks Stratford Medical Practice | North Rocks Stratford Road Medical Practice | Belinda  [**belinda@nrsurgery.com.au**](mailto:belinda@nrsurgery.com.au) | 9.30am  Wed |
| WentWest Walkers | Leaf Cafe Westmead  Westmead | Maha 0433 117 836 [**Maha.sedhom@wentwest.com.au**](mailto:Maha.sedhom@wentwest.com.au) | 12pm  Mon |

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AI-generated content may be incorrect.A person in a red shirt

AI-generated content may be incorrect.

Contact your **Western Sydney Coordinator**

Aruni Ratnayake 0428 681 983 [Aruni.Ratnayake@health.nsw.gov.au](mailto:Aruni.Ratnayake@health.nsw.gov.au)

More info: <https://walking.heartfoundation.org.au/start-group/>

A close-up of a logo

AI-generated content may be incorrect.