



East Coast Koori WALKING GROUP



Centennial Park



Bronte Park



Clovelly Beach



Gordon Bay



Lurline Bay



Sans Souci

Supported by:

- o Aboriginal Health
- o Community Health Services and Programs



SOUTH EAST HEALTH
South Eastern Sydney Area Health Service



Day & time Walking Group Held

- Tue.: Bus pick-up time 9am
- La Perouse shop, Sutherland St., Mascot (opposite shop)

Where do we walk?

- Beautiful coastal walks
- Parks

What to wear

- Shorts & T-shirt, flat shoes
- Track pants

What to bring?

- Water bottle for a drink

For more information contact the:

Aboriginal Health Workers

Colleen Cawood 9382 8063
 Pam Koeneman 9383 8099

Walking is a fun way of keeping fit and improving your health and wellbeing. It's much easier to keep

active when you are with a friendly group of people.

walking is fun

