

Heart Foundation  
**Walking**



## WANGARATTA

### Join our free local walking groups!

Heart Foundation Walking groups are a great way to meet new people and look after your health. Beginners are welcome and it's free.

Where	When	Starting Point	Contact the Walk Organiser
Gateway Health	Every Thursday 10 to 10.30	45-47 Mackay Street, Wangaratta	Sam or Merrin 57 232000

Gateway Health is the host organisation for the National Heart Foundation Walking group in the Rural City of Wangaratta. This FREE community-based walking network aims to make regular physical activity enjoyable and easy, especially for people who are not used to being active. No booking required. If interested, people are encouraged to meet at Gateway Health for half hour walk with a trained facilitator.

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