



Midland
Women's
Health
Care
Place.

I want to get more exercise
and make new friends ...



WOMEN WALKING GROUPS

MONDAY HIGH WYCOMBE

8am

A lovely walk around the lake at the Jacaranda Estate. This group meets at The Jacaranda Coffee Shop. New Mums in the area are invited to push their prams. Women of all ages and stages are welcome. Coffee and cake is available to buy after the Walk.

TUESDAY MUNDARING

8am

We meet at Sculpture Park on Jacoby Street (opposite the Mundaring Pub) and walk along the scenic Railway Reserve. Those that want to can enjoy a coffee shop visit after.

WEDNESDAY MIDLAND 8.30am

Meeting at The Junction Ice Creamery (at the Market shopping centre corner Morrison Road and Gt Eastern Highway). We will have a leisurely walk along the John George Walk Trail beside the river at Woodbridge. There will be Ice cream or coffee for those that can stay on after.

THURSDAY KALAMUNDA 9am

Starting from The Gooseberry Hill Shops (Embers) on Railway Road and walking along the Railway Reserve, down to Stirk Park and back. Finishing with a coffee at The French Patisserie.

FRIDAY ELLENBROOK 7.30 am

A lovely walk around the lake at Woodlake. We meet at the Salvation Army hall and after the walk meet for coffee at a nearby coffee shop.



Department of Sport and Recreation
Government of Western Australia

Please ring and speak to Prartho, Patsy or Xandra for further information on 9250 2221

Or email info@mwhcp.org.au. Mobile: 0427 171 568