

Would you like to try Mall Walking?

All ages
are welcome
to join and even
better it's
FREE!

The Mall Walking Program is proudly run by the Injury Control Council of WA (ICCWA) and is encouraging new and experienced walkers to join their walking groups.

The walks are held in several shopping centres across Perth and allow participants the opportunity to exercise in comfort and meet new people.

Also, we are always looking for walk leaders and volunteers, so if you'd like to help out please call our Volunteering Coordinator on (08) 9420 7212.



Department of
Sport and Recreation

ICCWA
Injury Control Council of Western Australia

“Meet new friends while
you exercise in a safe
and secure mall ”

Walking group times and days:

BELMONT FORUM SHOPPING CENTRE

7.45am Wednesdays & Fridays, outside Woolworths

ARMADALE SHOPPING CITY

7.40am Tuesdays & Fridays, outside Target

KARRINYUP SHOPPING CENTRE

8am Tuesdays & Fridays, outside Coffee Club

GARDEN CITY SHOPPING CENTRE

7.45am Tuesdays & Fridays, outside Priceline

PHOENIX SHOPPING CENTRE

7.45am Wednesdays & Fridays, outside Coles

BULL CREEK SHOPPING CENTRE

7.45am Tuesdays and Thursdays, outside Sussan's

For more information about these groups,
please call the ICCWA Community Engagement
Coordinator on (08) 9420 7212.