

# Mall Walking arrives at Phoenix Shopping Centre!



Wednesday and Friday mornings, 7:45 for an 8am start.  
Meet out the front of Coles, enter near the Post Office.

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

## Phoenix Shopping Centre Mall Walking Group

First walk Wednesday 26th August 2009

**when**

Every Wednesday and Friday.  
Meet at 7:45am for an 8am start.

**enter**

Through the South entrance at the Post Office,  
and meet out the front of Coles.

**what**

Program includes a warm up and cool down  
facilitated by ICCWA trained Volunteer Walk Leaders.

**cost**

**FREE**

The **first walk** will be on  
**Wednesday 26th August**,  
followed by a **FREE healthy  
breakfast** and a Stay On  
Your Feet® presentation at  
the Cockburn Seniors  
Centre. Please RSVP by  
Friday 21st August.

We are looking for mature and friendly  
people with a passion for life to become  
**Volunteer Walk Leaders. Volunteer  
Walk Leaders** are the glue that hold the  
group together! **Volunteers** get access  
to ongoing training and free professional  
development as well as invitations to  
many **FREE social events!**

Attend in the first month to win 1 of 5, \$20 vouchers  
donated by Phoenix Shopping Centre.



Department of  
Sport and Recreation



Phone Leanne Gledich, Community Relations & Resource Development Officer at ICCWA  
on 9420 7212 to RSVP or for more information on any of the events or to become a Walk Leader.