

## Why Walk?

Walking is suitable for most people and regular walking can help in the prevention and management of health conditions such as:

- heart disease
- type 2 diabetes
- osteoporosis
- some cancers
- hypertension
- high cholesterol
- joint and muscle pain

Walking in a group has particular benefit for those who have lost confidence to walk alone or find motivation by walking with others. It also provides the added social benefit!

Each of the walks listed in this flier is run by a trained leader or volunteer to provide the support you require. Indoor walks are offered at 4 locations (as marked on inside page) so you can walk all year round no matter the weather.

## For more Information

For information on other supported physical activity groups that are run in the Mornington Peninsula and Frankston regions contact Ageing Well, Peninsula Health.

**Phone:** 9784 8320

**Email:** [ageingwell@phcn.vic.gov.au](mailto:ageingwell@phcn.vic.gov.au)

**Web:** [www.peninsulahealth.org.au/ageingwell](http://www.peninsulahealth.org.au/ageingwell)

*Ageing Well*



Peninsula Health

# WALKING for Good Health

## Supported Walking Groups



Updated November 2009

## Frankston and Mornington Peninsula

Indoor & Outdoor Walks

Group	Venue	Times	Supported By	Led By	Contact
<b>Frankston Area</b>					
Centro Karingal Health Walks (Indoor Walk)	<b>Centro Karingal Shopping Centre</b> 330 Cranbourne Road, Karingal	Mondays 7.45 - 8.45am Wednesdays 7.45 - 8.45am Thursdays 5.30 - 6.30pm Fridays 7.45 - 8.45am	Peninsula Health Community Health - Frankston, Centro Karingal Shopping Centre, Peninsula General Practice Network	Trained Leader	Centro Karingal Shopping Centre 9789 1192
Across the Ages Walks *Cost - \$2 for fruit, tea & coffee	<b>Meet at Frankston South Rec Centre</b> 55 Towerhill Rd, Frankston South	Tuesdays 9.30am	Frankston City Council This walk sometimes meets at other locations. Please call prior to attending to confirm. On bad weather days this is an indoor walk.	Trained Volunteer	Frankston South Recreation Centre 9293 7122
Bayside Walking Club (Indoor Walk)	<b>Bayside Shopping Centre</b>	Mondays 7.45 - 8.30am Wednesdays 7.00 - 8.00am Fridays 7.00 - 8.00am	The Sports Injury Clinic, Bayside Shopping Centre, Peninsula Health Community Health - Ageing Well	Trained Leader	Bayside Shopping Centre 9771 1700 (then 3)
Frankston Promenade Walks	<b>Meet at Davey's Hotel</b> 510 Nepean Highway, Frankston	Wednesdays 9.30 - 11.00am	Brotherhood of St Laurence, Davey's Hotel, Mornington Peninsula Shire, Peninsula Health Community Health - Ageing Well,	Trained Leader	Brotherhood of St Laurence - 8781 4200
<b>Mornington / Mount Martha</b>					
Centro Mornington Walks (Indoor Walk)	<b>Centro Mornington Shopping Centre</b>	Thursdays 7.45 - 8.45am	Mornington Peninsula Shire, Centro Mornington, Peninsula Health Community Health - Ageing Well	Trained Leader	Centro Mornington 5976 1299
Mornington Esplanade Walks	<b>Meet at the Royal Hotel</b> 770 Esplanade, Mornington	Tuesdays 9.30 - 11.00am	Mornington Peninsula Shire, The Royal Hotel, Brotherhood of St Laurence, Peninsula Health Community Health - Ageing Well,	Trained Leader	Mornington Peninsula Shire - 5950 1560
Pacers Walking Group	<b>Mornington Park</b> Cnr Main St & Esplanade	Mondays 9.00 - 10.00am	Peninsula Health Community Health - Mornington	Trained Volunteer	Peninsula Health Comm Health - 5975 8266
Mount Martha Walking Group	<b>Meet at Mt Martha Fine Foods</b> Lochiel Ave, Mt Martha	Thursdays 10.00 - 11.00am	Mornington Peninsula Shire, The Heart Foundation	Trained Volunteers	Mornington Peninsula Shire - 5950 1560
<b>Westernport</b>					
Pelican Park Walking Group	<b>Meet at Pelican Park</b> Marine Parade, Hastings	Tuesdays 10.00 - 11.00am	Mornington Peninsula Shire, The Heart Foundation	Trained Volunteers	Mornington Peninsula Shire - 5950 1560
Somerville Walking Group	<b>Meet at Somerville Rec Centre</b>	Mondays 9.30 - 10.30am Wednesdays 9.30 - 10.30am Fridays 9.30 - 10.30am	Mornington Peninsula Shire, The Heart Foundation	Trained Volunteer	Mornington Peninsula Shire - 5950 1560
<b>Southern Peninsula</b>					
Rosebud Plaza Walks (Indoor Walk)	<b>Rosebud Plaza Shopping Centre</b> Cnr Boneo Rd & McCombe St	Thursdays 7.45 - 8.45am	Rosebud Plaza Shopping Centre, Mornington Peninsula Shire, Peninsula Health Community Health - Ageing Well,	Trained Leader	David Collings Leisure Centre - 5975 0133
Rye Coastal Walks	<b>Meet in the Rye Provincial Tavern</b> 2203-2209 Point Nepean Rd, Rye	Mondays 9.30 - 11.00am	Brotherhood of St Laurence, Rye Provincial Tavern Mornington Peninsula Shire, Peninsula Health Community Health - Ageing Well,	Trained Leader	Brotherhood of St Laurence - 8781 4200
Pacers Walking Group *Gold coin donation	<b>Leaves from Village Green, Rosebud.</b> (Opposite Rosebud Hotel)	Mondays 9.00 - 10.00am	Peninsula Health Community Health - Rosebud	Trained Volunteer	Peninsula Health Comm Health - 5982 2213

All times are subject to change. Please contact the number listed for updated information