

Armadale Shopping City Mall Walking Group

- ◆ Do you live near Armadale Shopping City?
- ◆ Do you enjoy meeting new people?
- ◆ Do you like walking, or want to get involved in walking?

If you answered YES to any of these questions then you should join the
ARMADALE SHOPPING CITY MALL WALKING GROUP

The Armadale Shopping City Mall Walking Group will be re-launched on the 2nd November at 8am. The group was first launched in 2004 by Alannah Mac Tiernan MLA, however was temporarily postponed in late 2006 due to renovations at the centre.

The launch will take place at 8am and will conclude with morning tea. A free show bag containing vouchers, t-shirt and water bottle will be given to everyone who registers on the day.

Walk Program includes:

Warm up, the walk (at your own pace and a distance that is comfortable for you), cool down and stretching exercises.

Register Now

Phone ICCWA 9420 7212

Registration forms are also available from the walk leaders at the walks



- ◆ **Days:** Tuesday and Friday
- ◆ **Time** 7.40 am for a 7.45am start – 8.45am finish
- ◆ **Where:** Armadale Shopping City —Meet near Target and enter at Entry 4
- ◆ **Cost:** FREE

Injury Control Council of WA
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