



Media release

For immediate release

Date: Thursday 3 October 2013

Subiaco gets walking this October

The City of Subiaco invites you to take part in a free community walk on Thursday 24 October at 10am from Lords, 3 Price Street, Subiaco in support of the Heart Foundation of Western Australia and Department of Transport's Walk Over October month.

Mayor Heather Henderson said: "Regular walking can improve your health and wellbeing, and reduces traffic congestion and pollution.

"I encourage Subiaco residents, visitors and workers to join me on this social walk, which promotes active living."

The scenic morning walk will be followed by a morning tea with prizes, giveaways and guest speakers.

For more information, or to register, contact the city on 6229 6635 or email lords@subiaco.wa.gov.au

Other Walk Over October activities the community can get involved with include Walk to School Day on Wednesday 23 October, where students and their parents can get active and walk to school.

Businesses are encouraged to register in the online walking challenge, by getting their employees to form teams of four and increase the amount of time they walk during October.

Walk Over October aims to encourage Western Australians to be active by walking for transport, health, recreation and environmental reasons.

For more information on Walk Over October, visit www.walkoveroctober.com.au

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Photo/interview opportunity

A photo of Mayor Heather Henderson, Hearty the Heart Foundation mascot and community members at Lords on Tuesday 8 or Wednesday 9 October.

Notes to editor

The City of Subiaco is recognised as a local government leader in a range of areas such as environmental and social initiatives, and long-term planning for the future. It is located in the inner metropolitan area of Perth and includes Subiaco, Daglish and parts of Nedlands, Shenton Park, Crawley and Jolimont. A major centre for employment with a diverse and growing business sector, the city provides important services, including waste collection, town planning and public recreation facilities, to more than 19 000 residents. The city aims to maintain its vibrant sense of community and enhance the lives and well-being of everyone who lives, visits and works in Subiaco. For more information about the City of Subiaco, visit www.subiaco.wa.gov.au