

INVITATION TO A WEEKLY HEALTH WALK!!

With Alan & Gaynor from U Projects

All you need:-

- Comfortable clothing
- Comfortable pair of shoes or trainers
- A drink of water
- Sun hat and sunscreen or, waterproof coat & gloves!

IT'S NOT FAR AND IT'S NOT FAST!

An easy paced walk lasting about an hour

EVERY WEDNESDAY

Meet at 10:15am

Outside Focus Pharmacy, The Keppel Building, Failsworth
