

INVITATION TO A WEEKLY HEALTH WALK!!

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!

This is an easy paced walk lasting about an hour.
Suitable for all the family!

EVERY TUESDAY

Meet at 10:15am

At the car park on Cranbrook Street, behind Lees
Road Pharmacy

For more information phone Saima at BAME Connect
on 07462836926