

Friendly & Free Walk At Brunswick Park

A friendly, fun and relaxed walk around Brunswick Park

Everyone welcome



Mondays

(starting 27/9/21)

10.30am start

(10:15am registration)



Meet at the Sons of Rest Building on Foley Street,
WS10 9HG.

Toilets available plus tea and coffee after the walk

What Walking will do for you

- Maintain a healthy weight.
- Prevent or manage various conditions including heart disease, high blood pressure and type 2 diabetes.
- Strengthen your bones and muscles.
- Improve your mood.
- Improve your balance and coordination.
- Meet new people.



Just turn up or for more information, please contact Alison Hartshorne on 07976 960077 .