



Join a free and friendly health walk!



Time:

Every Wednesday 10.15 to walk at 10.30am



Meeting point:

Tesco Shaftesbury outside the store entrance
no need to book – just turn up!

Description:

- Join us for a short, free, friendly walk, led by trained leaders
- The walk is flat and mostly on paths or surfaced tracks with plenty of rest stops available
- Walks last from 30 to 60 minutes depending on your ability and are open to everyone
- The walk ends with optional refreshments at a local café



Get in touch!

Email: Peter.wells5@icloud.com

Phone: Peter on 07732 106 713



Supporting you to
get active and stay active