

best foot forward



Want to get more active? Then we're here to help!

Walking is a great way to get fit, explore what's on your doorstep and make new friends.

Join one of our free and friendly short walks today.

Friday mornings, Parklands Leisure Centre, Oadby.

Gentle stroll: 9.30am

Moderate walk: 10.30am

Call Sara Davies on: **0777 595 0084** or
email: **saradavies@saradavies.com**



Visit our website to find out more
about your local health walks:
walkingforhealth.org.uk

**WE ARE
MACMILLAN.
CANCER SUPPORT**



ramblers

Supporting you to
get active and stay active