

# 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