

Ready Steady Woodland Walk!

Free

NEW Beginners walking group
in Ham Woods

Improve your health and fitness
in the natural environment

Every Wednesday starting 26th October 12:00 - 2:00pm

Gentle 30 – 45 minutes walk
followed by a cuppa and healthy living advice

Start and finish at YMCA, John Kitto Centre, Honicknowle Lane.

Free parking

To join, contact walk leaders
Rob Barry or **Janice Carter**
on
01752 201918

Led by 'BACR Phase IV Cardiac Rehab' qualified
staff and fully qualified Wright Foundation Exercise
on Referral & CYQ Advanced Fitness Instructors



NHS

