

## Walking for Health Bristol

# Bigger Women...

## You are invited to stroll

- ◆ Do you want to get fitter?
- ◆ Are you overweight and lacking motivation to get out and about?

**Come for a FREE stroll with a safe, friendly group**



## Snuff Mills

Thursday 15<sup>th</sup> April

10.30AM (in car park)

- ◆ Mainly flat route with slight inclines
- ◆ Flat shoes and weather appropriate clothes required
- ◆ Toilets available
- ◆ Bring money for refreshments

Followed by a short discussion to plan future walks  
Are you an overweight man who would like to walk? Get in touch with us.

**For more information or if you have reservations contact:**

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