

Walking for Health Bristol

# Stroll in the Park

**Come for a FREE, safe, gentle walk**

- ♥ Less than 30 minutes
- ♥ Go at your own pace
- ♥ Have fun and meet new friends



**Starts April 15th 2010  
At Hillfields Park  
Thursdays at 2pm**

If you have any reservations or want to discuss your mobility restrictions then please call Cheryl. Otherwise...just turn up!

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walk 4 life

**NHS**  
**Bristol**

