

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

