

Soothing Strolls

Would you like to become more active;
meet new people and enjoy some fresh air?

Then why not join the

Practice Health Champions

For a gentle low level stroll?



**Walks are First and Third Thursdays
starting at 10am**

Starting:- First Thursday each month at

Park Life Café, Calder Holmes Park, Hebden Bridge

Third Thursday at Grange Dene Medical Centre

**Please arrive 9.45am to register
walk lasts about an Hour.**



**Everyone welcome no
age limit**

Supported by: **Walking for Health**

Supporting you to get active and stay active



<https://www.walkingforhealth.org.uk/>

Walks are part of a programme

Supported by Health Professionals

**SORRY NO DOGS
EXCEPT ASSISTANCE DOGS**

