

Briery Leaze Walk

Join our **FREE** Weekly Walk for the over 50's

Start & Finish at Whitchurch Library

Every Tuesday 10am

- 30 – 45 minute walks between 1-2miles
- Mainly flat tarmacked routes
- Steady pace
- Please wear weather appropriate clothes
- Bring money for refreshments after walk



For more information contact:

Cheryl Martin (Health Walks Coordinator)

☎ Mobile: 0753 0564 332 or Cherylmartin@linkagewestofengland.org.uk

LinkAge

☎ 0117 305 2365 or linkage@stmonicastrust.org.uk

LinkAge
involve inspire enjoy



ACTIVE
Bristol

