



Walking for Health Bristol



- ♥ Would you like to get fitter?
- ♥ Are you overweight and lacking in motivation to get out and about?

There are two level walks:
Beginners: 10 ~ 30 minutes
Brisk Walk: 45 ~ 60 minutes

Bigger Women Walking Group

Wednesday at 10am
(October 2011 to April 2012)

Oldbury Court

Meet by car park on
Oldbury Court Road, Fishponds



If you are an overweight man who would like to walk? Get in touch with us

For further information contact: Sian Davies
☎ 07810 506 736 or healthwalks@bristol.gov.uk



ACTIVE
Bristol



Our city
safer and healthier

