

Walks 4 Women

Meeting in the St. Paul's area

- ♥ 1 – 3 miles (30 minutes – 1.5 hours)
- ♥ Go at your own pace
- ♥ Meet other women



Want to get out and about more?

Explore your local area and further a field?

Visit new places with your children

and others?

Tamadour Saliem: 07785973760 tamadour.saliem@nhs.net

Hayley Coggins: 0778 599 6949 hayley.coggins@nhs.net

**Walks take place on a Monday and Friday morning.
To be sent a walks programme or discuss joining the group
please contact Tamadour or Hayley.**