

Walking for Health Bristol

**W
E
E
K
L
Y**

Come for a **FREE** weekly walk

- ♥ Less than 30 minutes
- ♥ Go at your own pace
- ♥ Have fun and meet new friends

**W
E
D
N
E
S
D
A
Y**

**Wednesdays at 12:15pm
Meet at City Centre
Water Cascade Steps**



**S
T
R
O
L
L**

- Go at your own pace
- Have fun and meet new people
- Mainly flat route with some inclines

Contact: Tracy Smith Mobile: 0778 994 3132

Email: tracysmith2@nhs.net

