

ACTIVE LIVING

Join us for a Health Walk!

Every Tuesday afternoon
from 25th September

1.30pm – up to one hour

Meet outside Bridgewater Medical Centre
main reception, Henry Street, Leigh

- Ideal for adults of all ages who want to be more active and not sure where to start
- Fun, free and friendly guided health walk led by a qualified walk leader
- A great way to meet new people, or bring a friend!
- Easy paced walk on level ground
- Enjoy the wonderful green space our Borough has to offer
- We request all new walkers to arrive 10 minutes before the walk commences
- Please wear sturdy footwear, sensible clothing and bring a drink

FREE pedometer!

No need to book, just turn up

For more information, contact reception or
Active Living on 01942 488481