

## Walking your way to Health

New Health Walk around Almondbury starting 11.00am Wednesday 7th July

With the summer being upon on us what better way to get out and about and start walking. It is the perfect activity for health, a great way to meet others and get healthy in a safe way! The best thing is it's free and easy, you don't need any special equipment - just comfortable walking shoes and you can start slowly and build up gently. Almost everyone can do it and you can do it anywhere, at any time. A new walk will be launched around Almondbury this will be just a short walk which will last about an hour and will take place on flattish terrain.

This new walk be led by Shelia and John and will start on Wednesday 7<sup>th</sup> July 2010 and then they will be every month on the 1<sup>st</sup> & 3<sup>rd</sup> Wednesday at 11.0 00am

If you would like to take part then please meet at Ambrey's Community Café Northgate, Almondbury , HD5 8RX

All Welcome! For further information, please contact Shelia or John on **Tel:** 01484 303921