Walking for Mind & Body



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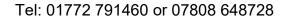


A series of short walks every month to improve your mind and body. Come and join us on a gentle walk in the countryside followed by a light lunch when possible.

•	10th January 2023	• 11th July 2023	
•	15th February 2023	• 8th August 2023	
•	14th March 2023	12th September 2023	
•	11th April 2023	• 10th October 2023	
•	9th May2023	• 14th November 2023	
•	13th June 2023	(no December walk)	
		Please wear suitable footwear and clothing!	

There will be a small charge to cover the cost of refreshments or transport.





E: services@headwaycentrallancashire.org.uk

* Please note bad weather may cause us to rearrange or cancel walks so check with us beforehand if the weather is poor.

www.headwaycentrallancashire.org.uk

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Contact us to book:

Tel: 01772 791460 or 07808 648728

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