

Soothing Strolls

Would you like to become more active;
meet new people and enjoy some fresh air?

Then why not join the



Practice Health Champions



for a gentle low level stroll?

Walk starts from Park Life Café,

Calder Holmes Park, Hebden Bridge

Thursday 6th April starting at 10am

Please arrive 9.45am to register
walk lasts about an Hour.



Everyone welcome
no age limit



Supported by: **CREW**
(Cardiac Rehabilitation exercise and walking)

Walks are part of a programme

Supported by Health Professionals

SORRY NO DOGS ON WALKS

Supported by : Hebden Bridge Practice Health Champions

