

# Walking for Health



## Join the fun and get healthy!

**every monday from 10.30am**

**meet at Age UK Herefordshire & Worcestershire**

Located at Malvern Gate, Bromwich Road, Worcester.

WR2 4BN.

We return to a hot cuppa and a friendly chat.

The walk is open to all. We look forward to meeting you.

**Keep Walking!**



To find a group near you, log on to <http://www.walkingforhealth.org.uk/>  
and use the 'walk finder' or contact Lynn Yendell., Health Walks Officer  
on 01905 766155 or email [healthwalks@worcestershire.gov.uk](mailto:healthwalks@worcestershire.gov.uk)

