



WALKING FOR HEALTH GROUP

CROOME PARK

Short & Long Walks available

Monday 25 June 2018 10.30am
Monday 23 July 2018 10.30am
Monday 20 Aug 2018 10.30am

Monday 24 Sept 2018 10.30am
Monday 22 Oct 2018 10.30am
Monday 19 Nov 2018 10.30am
Monday 17 Dec 2018 10.30am

WHAT IS WALKING FOR HEALTH?

Croome Park Walking for Health walks are led by trained volunteer Walk Leaders and offer local people the opportunity to:

- Walk at a pace they can manage
- Improve their fitness
- Improve their well being
- Enjoy the sociable company of others

Health Walks last between 30 and 90 minutes and suit people of varied abilities.

For more information and to book your place, please contact

email: healthwalks@worcestershire.gov.uk or **Tel:** 01905 766155

Supported through funding from players of People's Postcode Lottery and Macmillan

