



# MIDDLETON WALK AND TALK GROUP

are you interested in becoming more active?  
then come along for a relaxed, friendly walk



**Every Wednesday**



Meeting outside Greggs at Middleton Park Circus shops, Middleton Park Avenue

at 2pm

(walks will last about 1 hour)



Free of charge, just dress appropriately for the weather  
with comfortable footwear.

Everyone is welcome so why not come along and join us for  
some exercise,  
fresh air and a chance to meet and mix with others.



For more information please call:

James: 07891276443

Gayle: 07852 945286



**ONE YOU LEEDS**



Health for All (Leeds)  
Healthy Communities Service

