

# best foot forward



**Want to get more active? Then we're here to help!**

Walking is a great way to get fit, explore what's on your doorstep and make new friends.

## **Join Stanmore House Strollers**

Sign up on the Practice notice-board to come on our first free and friendly *short* walk starting from the Surgery at 11.15 am on Tuesday 25<sup>th</sup> July .

### **For more information**

Call Flis Parsons on: **07540 245706**

or email: **[flis.parsons@gmail.com](mailto:flis.parsons@gmail.com)**



Visit our website to find out more about your local health walks:  
**[walkingforhealth.org.uk](http://walkingforhealth.org.uk)**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



**ramblers**

Supporting you to  
get active and stay active