



# FREE Buggy Push Walking Group

## Mum's Buggy Walk

Meet new mums, get active and walk your way to a healthy lifestyle.

**EVERY MONDAY FROM THE 5TH FEBRUARY 2018**

**10AM-11AM**

**MEETING OUTSIDE JOHN SMEATON LEISURE CENTRE**

**LS15 8TA**



**A fun and friendly walk for mums with children in prams and pushchairs. Walks are free of charge and will last around 45 minutes, followed by tea and coffee inside the centre.**

### Contact

For more information about this session please contact James Beaston.

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