

walk this way



walking for health

Supported by



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 one of our free and friendly short walks today.

Shoeburyness Garrison- Tuesday 11am

Meet at the Shoeburyness Hotel (1 High Street)

Cliffs Walk- Thursday 11am

Meet outside Avenue Baptist Church Milton road, Westcliff

Leigh- Wednesday 11am

Meet outside the Crooked Billet Pub- Old Leigh

Priory Park- Thursday 1.15pm

Meet outside the cafe in Priory Park

All walks have a range distances including 30minute options

For more information call Angela on: 07771 926932

Visit our website to find out more
about your local health walks:
walkingforhealth.org.uk

**WE ARE
MACMILLAN-
CANCER SUPPORT**



ramblers

Supporting you to
get active and stay active

Walk for Wellbeing

Walking is a great way to get fit, explore the outdoors and make new Friends.



Join our 5 weeks of free walks. These walks are around 30minutes in duration. Places are limited so call now to book your place on one or all of the walks.

Walk dates:

Tuesdays Befairs Woods at 10.30am	Fridays Chalkwell Park at 10.30am
18 th September	21 st September
25 th September	28 th September
2 nd October	5 th October
9 th October	12 th October
16 th October	19 th October

For more information and to book your free place please call ACE Lifestyle on 0800 0224524 (Option 2)

ACTIVE10

Download the app now:
www.nhs.uk/oneyou/active10

BECAUSE THERE'S ONLY
ONE YOU