



Basingstoke  
and Deane



# Walking the way to Health in Popley



Make new friends, improve your fitness and enjoy your local area

## Friday mornings at 11am

(please arrive a little early to register)

**Meet at Shakespeare House Medical Centre** for a walk  
of about one hour.

You are welcome to stay for refreshments after the walk - cost: 20p.

There is no charge to come on the walks – all are led by volunteers.

For further information, please call **01256 845574** or find details on  
[www.basingstokehealthwalks.org](http://www.basingstokehealthwalks.org)



walk 4 life