



Basingstoke  
and Deane



# Walking the way to Health in Tadley



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

## Friday afternoons at 1.30pm

**twice monthly** (please arrive a little early to register)

Join us for a walk of about an hour; please wear shoes and clothes suitable for the weather.



**1st Friday of the month** – the walks leave at 1.30pm. Meet inside Tadley Library.

**3rd Friday of the month** – the walks leave at 1.30pm. Meet inside the Community Room at Tadley Pool. You are welcome to stay for refreshments after the walk.

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