



Basingstoke
and Deane



Walking the way to Health in South Ham



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

Tuesday mornings at 11am

(please arrive a little early to register)

Meet at South Ham Library for a gentle stroll of about 30 minutes - this walk is ideal for anyone just beginning to improve his or her fitness.



You are welcome to stay for refreshments available after the walk - cost: 50p.

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

walk 4 life