



Basingstoke
and Deane



Walking the way to Health from Basingstoke Aquadrome at the Leisure Park



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

Wednesday mornings at 11am

(please arrive a little early to register)

Meet in the café area, (just inside the main doors of the Aquadrome) for a walk of about one hour. You are welcome to stay for tea and coffee afterwards in the café.



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