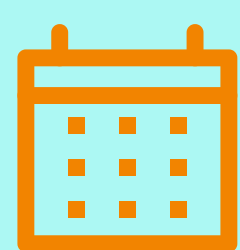


WALKING for WELLNESS



Lace up your comfy shoes and get out for a walk with us. We'll plan the route, all you need to do is dress for the weather!



Every Thursday



Sonya: 07769 014326
Office: 0161 672 9420
sonya.morrison@cgl.org.uk



11am - 12:30pm



Alternating between Ashton and Hyde each week:

Thornley House,
SK14 1JY

111 Old Street,
OL6 7RL

**Meet and chat
with new people**

**Relax and
sleep better**

**Improve mood
and confidence**

**"When walking,
the body advances
while the mind
flutters around
it like a bird"**

