

## Enjoy Walking Your Way To Health

Short walks in and around Kenilworth for those aged 50+ every Thursday morning

### WHY WALK?

Did you know that walking can help to:

- Keep your heart strong
- Reduce blood pressure
- Contribute to better weight management
- Reduce stress and sleep better

Also makes you feel good generally, so come along, have some fun and make new friends.

All of our walks are lead by trained walking instructors. The walks are suitable for all abilities.

If you would like further information of times and places please contact Kim Skipsey on 01789-205059