

# LONG FURLONG MEDICAL CENTRE..... is pleased to promote Walking for Health



**walking  
for health**

Want to get more  
active?

Then we're here to  
help!

Walking is a great way to get fit, explore what's  
on your doorstep and make new friends.

This walk will be a gentle short stroll for  
30 minutes. Please let us know if you will be  
joining us!

**Starts** Tuesday 4 September,  
followed by weekly walks

**Time:** 2pm - 2.30 pm

**Cost:** Free

**Meeting Point:** To be  
confirmed. Please contact  
Ashley Chapman for details.



Ashley Chapman on: 01235 422219 or  
email: [ashley.chapman@southandvale.gov.uk](mailto:ashley.chapman@southandvale.gov.uk)