



Claremont Bank March 2017 Health Walks

**Tue 7th March. Meet at the Claremont Bank Surgery
10.30am**

60 minute walk starting and finishing at the surgery

**Tue 21st March. Meet at the Claremont Bank Surgery
10.30am**

60 minute walk starting and finishing at the Surgery

Did you know walking can:

- ♥ Make you feel good
- ♥ Keep your heart strong
- ♥ Give you more energy
- ♥ Reduce high blood pressure
- ♥ Help to manage your weight
- ♥ Help to reduce stress, anxiety and depression
- ♥ Help you sleep better

**WfH Team - 01743 255059
walkingforhealth@shropshire.gov.uk**

**Find out more about WfH @
www.walkingforhealth.org.uk**

All our walks are FREE and are led by trained Volunteer Walk Leaders. New walkers with a health condition are requested to seek advice from their GP or medical professional before attending walks. Please wear sensible, comfortable footwear and dress according to the weather.

Walk last approximately 60 minutes