



Milton Keynes Health Walks

Do you get out of breath doing everyday activities?

Why not join our FREE walking group.

Meet new people, enjoy the hidden local parkland of MK and stay active.

The 30 minute walk is led at a gentle pace and is suitable for people suffering from mild lung conditions.

Every Wednesday starting at 10am

Start Location: Windmill Hill Golf Centre,
Tattenhoe Lane, Bletchley, MK3 7RB

For more information please call
Richard Hubbard on 07798 686713

www.walkingforhealth.org.uk/walkfinder/milton-keynes-health-walks



Supporting you to get active and stay active

