

# WALKING FOR HEALTH IN HESKETH PARK



Health walks are provided by your local Walking for Health Scheme

**FREE “Walking for Health in Hesketh Park”**

Every Thursday at 1.30pm



The walk will be about 45 minutes and will be suitable for anyone interested in improving their general health or to meet new friends along the way. Regular walking has proven benefits for physical and emotional health!

All Welcome - Walkers of all abilities, people with dogs, prams, wheelchairs etc, no one is excluded!

Team leaders are available who will take care of you throughout the walk.

Meet at the Park Café. Hesketh Park has toilet facilities.

**JOIN OUR NEW HEALTHY WALKING GROUP BY PICKING UP A  
REGISTRATION PACK AT RECEPTION OR GO ON LINE**

<http://www.marshsidesurgery.nhs.uk/>

