



Walking For Health

National Trust, Croome

Meet at visitor welcome centre, 10am for a 10.30am start on the following Mondays:

2019 - 19 August, 30 September, 21 October, 25 November, 16 December

2020 - 27 January, 24 February, 30 March, 27 April, 18 May, 29 June, 27 July, 24 August, 28 September, 19 October, 30 November, 14 December

A choice of 3 walks (30, 60 or 90 minutes) led by trained volunteer walk leaders offer local people the opportunity to:

- Walk at a pace you can manage
- Improve your fitness and well being
- Enjoy the company of others

To register and for more information, please contact

email: healthwalks@worcestershire.gov.uk or telephone: 01905 766155

Supported through funding from players of People's Postcode Lottery and Macmillan

