



# WALK 4 HEALTH WOBURN



## Walking is Brilliant and It's Free!

**You don't have to plan it:** all you need are your feet and a pair of outdoor shoes. You can even do it in the rain.

**Meet Friends:** have a chat, bring the family.

**Get Healthier:** make yourself fitter - but gently.

**Beat Stress:** you may improve your blood pressure, immune system and assist with *type 2* diabetes.



## A Beginners Walk in...

# Woburn

**Weekly walks on Wednesday's, 10am meeting at the Park Street car park (opposite Church)**

**Walking with Louise– approx. 30-40 minutes  
For more information phone 07498 625492**

**No need to book – just turn up on the day**