



Wareham Walkers

www.wareham-walkers.org.uk

Are you:

Get Active & Feel Good!

- New to exercise?
- Recovering from a recent illness?
- Not keen on walking alone?
- Wanting to socialise with older local people?

Free Local Walks!

Why not consider joining us at 10.30 am every Tuesday morning?

We meet at **Streche Road car park, West Street, Wareham** and walk for about an hour.

An Away-from-Wareham walk of up to about two hours is organised once a month.

All walks are supervised by Walk Leaders.

Coffee with walking friends at the end of each walk (optional).

Walks are fairly gentle, sociable - and Free!

The benefits of regular walking are many, including:

- Reduction in risk of Heart Disease
- Helping to lower your Blood Pressure
- Helping you Sleep Better
- Helping you Lose Weight
- **Making you Feel Good!**

For full details see :

www.wareham-walkers.org.uk

**For more information please contact the
Walks Organiser Gill Graham on 01929 552933**