

Trafford Walking for Health

(Supported by The Ramblers, Trafford CCG and Sale Sports Club)

Dear Friends,

The Patient Participation Group at Bodmin Road Health Centre working with Trafford Walking for Health has helped develop two walks in the vicinity of the Practice.

These walks are open to everyone not just registered patients, as are all the walks in Trafford, and are based at Woodheys Park and Manor Court. The Woodheys Scheme meets on Wednesdays at 10.30am (arrive 10.20am) and starts at the Clubhouse. It offers a walk of about 3 miles together with a shorter option. The Manor Court walk starts at 10am (arrive 9.50am in the Community Room) on Fridays and offers a walk of about 1 mile.

Walking has proven health benefits and taking part in a health walk contributes to your recommended daily activity levels in a friendly and caring environment. All walks are led by a trained walk leader.

Further details can be obtained from Bodmin Road Health Centre and Firsway Medical Centre or from:

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