

Want to get
more active?

Then we're here to help!

Walking is a great way to get fit, explore what's
on your doorstep and make new friends.

Join one of our free and friendly short walks



BODMIN ROAD SURGERY SUPPORTS AND RECOMMENDS THESE LOCAL WALKS

Supported by Trafford CCG, Sale Sports Club and local surgeries

MONDAY: ST. CLEMENT'S CHURCH URMSTON M41 9JZ – Meet at 10 a.m.
BOUNDARY HOUSE MEDICAL CENTRE SALE M33 2RH – Meet at 1.20 p.m.

TUESDAY: BROADHEATH COMMUNITY CENTRE – NEAR WAITROSE WA14 5JQ Meet at 10.00 a.m.

WEDNESDAY: FRIENDS OF WOODHEYS PARK CENTRE SALE M33 4LP – Meet at 10.20 a.m.

THURSDAY: WALTON PARK BOWLING PAVILION SALE M33 4AT – Meet at 10.20 a.m.

FRIDAY: MANOR COURT COMMUNITY CENTRE SALE M33 5JU – Meet at 10 a.m.
SALE SPORTS CLUB DANE ROAD M33 2DE – Meet at 10.a.m. **FROM MAY 10TH**

TEA/COFFEE/BISCUITS/CHAT AFTER EVERY WALK IN A FRIENDLY ENVIRONMENT
ALL WALKS LED BY TRAINED WALK LEADERS

Look at our Facebook page or website to find more local walks



<https://www.walkingforhealth.org.uk/walkfinder/trafford-walk-for-health>

Want to know more about these walks or volunteering to help us? Please contact Scheme Coordinator Dave Walmsley on 0161 282 8154 or dwalmsley@uk2.net