



WALLINGTON COMMUNITY WELLBEING CHARITY

Walk for Health and meet friendly local people

TUESDAYS leaving at 10.30 am

From bus stop outside Wallington girls School
(In conjunction with Shotfield Medical Practice)

and **COMING SOON:**

WEDNESDAYS leaving at 10.30 am

From near to Wallington Station TBC
(In conjunction with Park Road Medical Centre)

General walk information:

- Walk for between 30 minutes and an hour according to fitness and speed – we split into smaller groups so walkers can go at their own pace
- The walk ends at a café where refreshments are available (Walkers need to pay for their own tea, coffee etc)
- Return to start in your own time
- Wear suitable footwear eg. trainers (Walking boots are not required)
- We will walk in the rain so be prepared!
- Walk at your own risk
- We welcome individuals – if you are a group please contact us for further information

Web for latest news and contact: wallywalks.uk

Email: walk@wallywalks.uk

Telephone: 020 8647 3000 / 07770 533000



*Walks
for
Health
in
Wallington*

