

# WALKING FOR HEALTH

## THE QUEEN'S DIAMOND JUBILEE CENTRE

Walking is one of the best ways to improve your physical and mental wellbeing. Walks start week commencing **21<sup>st</sup> July 2014.**

Monday 12pm-12.30pm (30 minutes)

Wednesday 10am-11.30am (60-90 minutes)

For further details contact  
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