

## Health & Wellbeing Project

### *Healthy Footsteps for 50 Plus*

# NEW

## Thursday Walk

Kinver Sports & Community Association,  
Off Sterrymere Gardens, Kinver, DY7 6ET

**Thursday 21st March 2019**

**Prompt 10.30am start**

**Approx 2 hours**

**Donations**

Join us for a relaxed 4 mile walk around the beautiful village and green land of Kinver. This walk is aimed at people who would like to walk that little bit further without going on a ramble.

For more information please contact the Health & Wellbeing on  
tel: 01384 343535 email: [Health&Wellbeing@ageukdudley.org.uk](mailto:Health&Wellbeing@ageukdudley.org.uk)

[www.ageukdudley.org.uk](http://www.ageukdudley.org.uk)