

Health & Wellbeing Project

Healthy Footsteps for 50 Plus

Thursday Longer Walks

These walks are aimed at people who would like to walk that little bit further without going on a ramble.

Prompt 10.30am start

2 hours+

Between 3 - 5 miles

Donations

23rd May

Clent - Nimmings Wood Car Park,
Off Hagley Wood Lane, Stourbridge

- use postcode DY9 9JR

Car park - £3 or FREE with a National Trust
members card

27th June

Hagley - Webbs Garden Centre, West Hagley,
Kidderminster Road South, West Hagley, Stourbridge,
DY9 0JB

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

www.ageukdudley.org.uk