

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
Between 3 - 5 miles
Donations**

Book your place

11th July 2019

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

12th September 2019

Kinver - via Kingsford Country Park
Kinver Sports & Community Association,
Off Sterrymere Gardens, Kinver, DY7 6ET

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