

Islington History Walks and brand new Park Walks



Tuesdays - London Park Walks

Explore London parks
11.00am-1.00pm
With Mary Tyler



Wednesdays - History Walks

Exploring Islington's rich history
2.00pm-4.00pm
With Mary Tyler



Thursdays - Weekly walk

Weekly walk with HMHB
11.00am leaving Highbury
Healthy Minds Healthy Bodies



Keep fit walking with your friends every week courtesy of Healthy Generations and Healthy Minds Healthy Bodies (HMHB), two Islington charities promoting health and well being.



Scan the QR code or email office@healthygenerations.org.uk or ring Sam on 0798 114 2376



Your guide Mary Tyler will be wearing a brightly coloured top

 ISLINGTON



Free with opportunity to donate if you would like to.

www.healthygenerations.org.uk - 0798 114 2376