

The Ageing Well Project

Join our **1 mile Wednesday Walks**
 Enjoy the outdoors at a **relaxed** pace.
 Meet **new friends** whilst
improving and maintaining **mobility**
£5 Annual membership charge
payable to Age UK Staffordshire

Wednesday	10	Apr'19	Festival Park **
Wednesday	17		Tunstall Park
Wednesday	24		Hanley Park
Wednesday	1	May' 19	Etruria Locks (has steps)
Wednesday	8		Ford Green
Wednesday	15		Hanley Forest Park
Wednesday	22		Westport Lake

**Festival Park walk: park & meet by gate near Morrisons' petrol station.

Walks start at 2.00pm from the venue's Car Park.
 Please wear suitable footwear.

For more information, please contact the
 Ageing Well Project on 01782 **200739**

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Wednesday	29	May' 19	Festival Park **
Wednesday	5	Jun '19	Tunstall Park
Wednesday	12		Hanley Park
Wednesday	19		Etruria Locks (has steps)
Wednesday	26		Ford Green
Wednesday	3	July'19	Hanley Forest Park
Wednesday	10		Westport Lake

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