



Enjoy Group Walks near you...

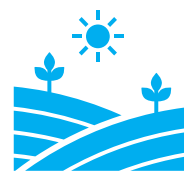
Come along to
Silverdale Steppers
3-5 mile walks...



Meet new
friends



Be
healthy



Enjoy the
countryside

Walks take place on the **second Monday** of every month from 10am

Call Sue - 01782 960062

Find out more about Age UK Staffordshire's services in your area...
ageuk.org.uk/staffordshire | info@ageukstaffordshire.org.uk