



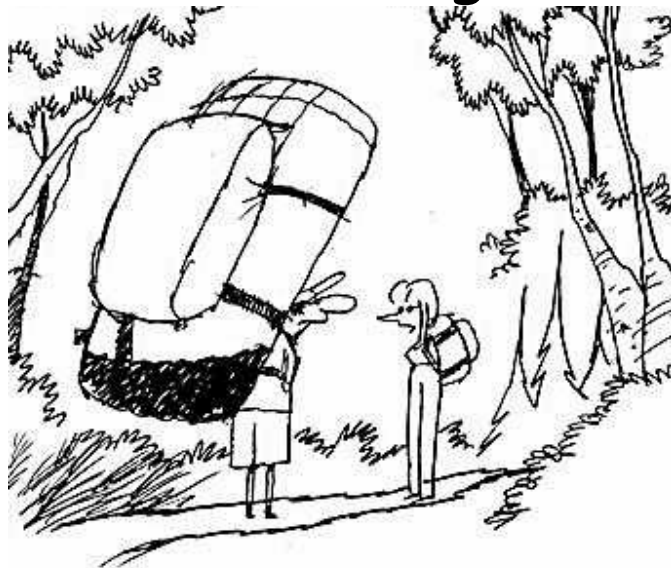
# HEALTH WALKS

## Christleton & Caldley Valley

10.30am

EVERY WEDNESDAY

Starts 20<sup>th</sup> August 08



*"I think you might've over-packed. We'll only be gone for an hour."*

Registered Charity 1091608

## Meeting Point!

- First Wednesday of every month - Ring O Bells, Village Road, Christleton.
- Thereafter, Sainsbury's Cafe, Caldley Valley Road, Gt Boughton.

## About the Walk!

- All Walks are Circular lasting approximately 30-40 mins.
- The walks are set at a pace to suit all.
- Please wear suitable clothing for all weathers and bring a bottle of water if necessary.

### IMPORTANT NOTICE:

*While we always try to make sure that a trained walk leader is Available, on some occasions this may not be possible. In this case walkers are advised that if they choose to walk without a leader they do so entirely at their own risk. Age Concern cannot be held responsible for their Health and Safety.*

**For Further Information Please call:**

**Get Active Coordinator**

**01244 677777**