

# Walks for Health



**“Walking is the Nearest Thing to Perfect Exercise”**

**Walking Works Report**

**The Walton walk will take approximately 1 hour and the group will walk along the River Thames towards Walton Xcel Leisure Centre and back.**

**Date: 3<sup>rd</sup> Thursday of every month**

**Start time: 2pm**

**Meet at: Cowey Sale Carpark, Walton-on-Thames, KT12 1AR**

**Please arrive 15 minutes before start time.**

**There is no need to book but if you would like more information contact Mary Frances Trust:**

**tel 01372 375400    text 07929 024722**

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