

Get up
Get out
Get walking



Weekly walk groups in Bellingham

Meet at 10.00am at St Dunstan's, Bellingham Green
Wednesdays

We will walk for about 30 - 45 minutes and come back for a cup of tea!

The walk is suitable for people of all abilities so come along or contact Sarah on 07830 988809.

A Saturday morning walk will be starting in Bellingham soon.
10.00am starting at St Dunstan's, Bellingham Green. Call
020 8461 2213 for more info.



Free, friendly, short walking groups every week.
Led by trained walk leaders. Walk at a pace that suits you.

To find out more contact:

Lewisham Healthy Walks
Phone: 020 3049 3485
Fax: 020 3049 3578
Email: health.walks@lewishampct.nhs.uk
Web: www.whi.org.uk/walkfinder

