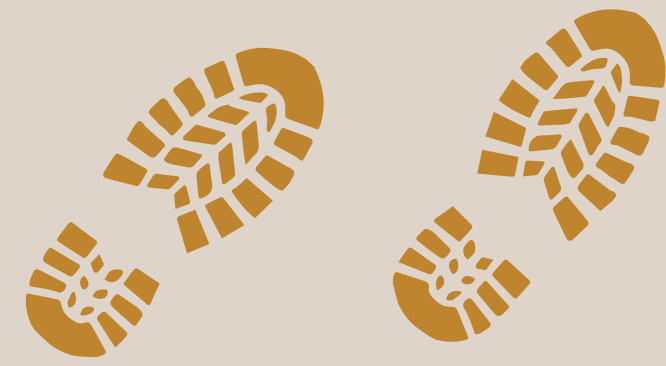


WALK YOUR WAY TO 5K

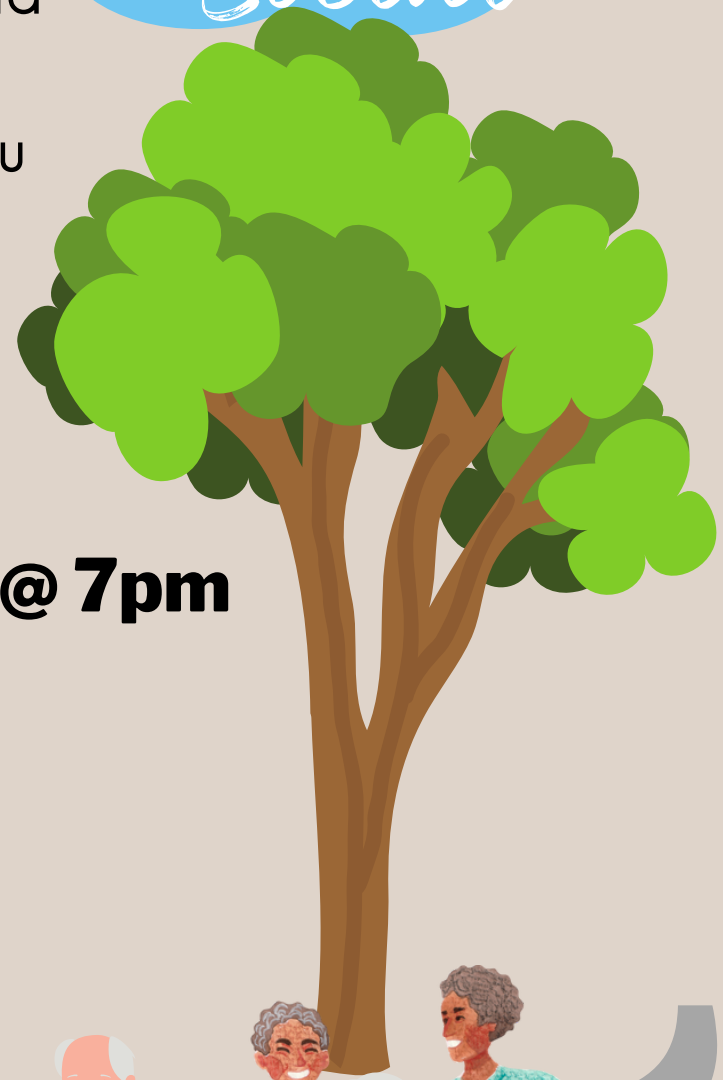


*Fun
Supportive
Social*

Join our absolute beginners walking group and step into a 12-week programme that aims to gradually increase your distance and help you to improve your health through walking.

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For more information contact:



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