## WOMEN'S WALK

A gentle stroll in the local area. Walk and talk or simply enjoy your surroundings, it's up to you!









WHEN:	Monday 15th September
TIME:	9:15am - 10:15am (Free refreshments after)
MEET AT:	Cotmanhay Children's Centre
INFO:	No booking required, just turn up.
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Meeting Point: Cotmanhay Children's Centre, Beauvale Drive, Cotmanhay Ilkeston DE7 8RU

Email: movemorecotmanhay@parksidehigh.co.uk