

Thurrock Healthy Walks



S.O.S - STEPPING OUT SISTERS

Why not join us for a FREE 12-week course of Healthy Walks

No special equipment needed - just a comfortable pair of shoes and weather appropriate clothing

Join us on our new walks starting 18 June 2019 at the following venue:

➤ Impulse Leisure
Belhus Park Golf & Country Club
Belhus Park
South Ockendon
Essex
RM15 4PX

These take place on Tuesdays and start at 6.30pm
Walks should last one hour

For more information

Email: eulph@thurrock.gov.uk

Call: **01375 652006 ext. 64186**