

# Ringwood Health Walks

for anyone wishing to improve their fitness

**Walks are FREE**  
guided by Volunteer Walk Leaders

**Ringwood**

One hour walks.

Start from the medical centre  
on the 1st and 3rd Tuesday in each  
month at 10.30am

Meet outside the Medical Centre.

Come along and join us -  
we are a friendly sociable group.

**For more information contact**  
Craig Daters on 01590 646 671

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NO NEED TO BOOK  
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[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

