



BESTWOOD COUNTRY PARK
HEALTH WALKS

**Would you like to improve your fitness whilst making new friends,
in lovely countryside surroundings?**

Then Health Walks are for you!

Long proven to be one of the best forms of exercise to improve body & mind, this series of
invigorating, yet gentle, 90 minute walks are designed to do both.

So why not join us? You don't have to book, just turn up!

Plus, it's **FREE**, so you can even bring your family & friends!

Health walks take place **ONCE A MONTH** on **WEDNESDAYS**

Start & finish at: **Winding Engine House, Bestwood Village NG6 8ZA**

Walks start **10.30a.m.**

March 8th April 5th May 10th June 7th July 12th August 9th

Sept. 13th Oct. 18th Nov. 15th Dec. 13th Jan 17th Feb. 21st

March 21st

For more information, contact **SUE MCDONALD**

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