

FREE Braveheart Walk

Starting 16th September

Every Wednesday, 11am

30minutes long

Leaving from the Hawkhill Centre



**Come along and join Braveheart's free health walk
around your neighbourhood with some chit-chat along
the way**

Led by locally trained Walk Leaders

**Simple exercise like walking has endless benefits.
Improves sleep, motivation, mood and weight loss, to
name a few!**

No sign up just turn up!

**For more information please call Eva on 01324 673703 or
May on 01259 218139**