

BEESTON STROLLERS



Gentle walks for health and wellbeing



All abilities welcome

Every Thursday at **11am** during October lasting approximately 30minutes

The following table lists the first set of walks

<u>Date</u>	<u>Location</u>	<u>Meeting Point</u>
4 th October	Dovecote Lane Park	Dovecote Lane Entrance
11 th October	Highfields Park	Outside Lakeside Café
18 th October	Beeston Marina	Outside Beeston Marina Café
25 th October	High Road to Broadgate Park	The Ten Bell (big bell near Sainsbury's)

Walks are on a flat surface and at a pace to suit you

Each walk will be followed by a café stop for refreshments

Please wear stout shoes and clothing suitable for unpredictable weather

For further information please ask at reception

