



# Health Walks in Rushcliffe



## Short led walks on your doorstep

**Tuesday 11.00am: Poppy and Pint, Pierrepont Road, Lady Bay**

**Wednesday 10.30am: Rushcliffe Country Park, Ruddington**

**Thursday 10:30am: Grange Hall, Radcliffe on Trent**

**Friday 2.00pm: Rose and Crown, Main Road, Cotgrave**

**Free, safe and sociable weekly walks with trained leaders to  
improve your health and wellbeing**

**Choice of walks lasting between 30 and 90 minutes to suit  
your ability and level of fitness**

**Just turn up, or for more information contact:  
Duncan (07969 330846) or Simon (07976 631194)**

**[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)**

*Supporting you to get active and stay active*