

# WALK YOUR WAY TO HEALTH

## FLINTSHIRE HEALTH WALKS

- Come and try one of our low impact health walks here in Flintshire.
- All ages and abilities welcome.
- Walks are led by qualified instructors and are **FREE!**
- Regular walking leads to improved physical and psychological wellbeing and also provides an opportunity to meet new people

| Venue                   | Date     | Time    | Duration   |
|-------------------------|----------|---------|------------|
| Deeside Leisure Centre  | Monday   | 1.00pm  | 30 minutes |
| Mold Leisure Centre     | Monday   | 1.30pm  |            |
| Holywell Leisure Centre | Thursday | 10.15am |            |
| Jade Jones Pavilion     | Thursday | 2.00pm  |            |



For more information, please contact:

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