

# WALK YOUR WAY TO HEALTH

## PRAM/TODDLER WALKS

- Come and try one of our weekly pram/toddler walks in Flintshire.
- All ages and abilities welcome.
- Walks are led by qualified instructors and are **£1.50** (£2.90 with swim Connah's Quay)
- Regular walking leads to improved physical and psychological wellbeing and also provides an opportunity to meet new people

Venue	Time	Date	Duration
<b>Connah's Quay Pool (Pram walk/Toddlers swim)</b>	<b>10.30-11.30am (12.00pm swim)</b>	<b>Monday</b>	<b>60 min walk/60 min swim</b>
Jade Jones Pavilion Flint	11.00-12.00pm	Monday	60 minutes Pram Walk
Deeside Leisure Centre	10.00-11.00am	Thursday	
Holywell Leisure Centre	9.30-10.30am	Friday	



For more information, please contact:

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