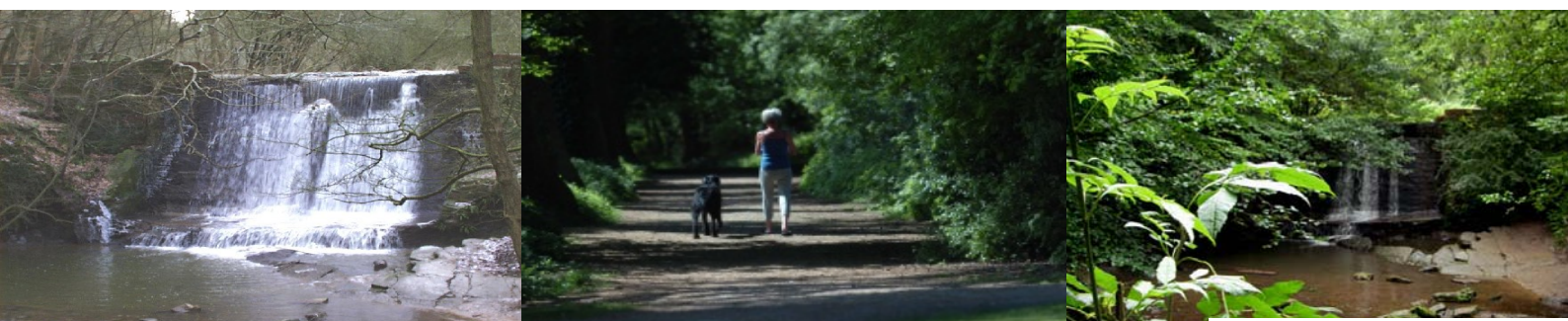


WALK YOUR WAY TO HEALTH

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:

Simon Jenkins – Physical Activity Activator [Walking]

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Julie Rice-Williams – Sport Flintshire

Email: Julie.rice-williams@flintshire.gov.uk Phone: 01352 702463

