



BOUNDARY HOUSE WALKING GROUP

Exercise reduces
cancer, mental
health problems,
diabetes and
makes you feel
better!

Stay fitter for
longer

Shorter 2km circuit

Longer 4km circuit

Around 40 mins

Come and join us
all ages and fitness
levels welcome

WEEKLY TUESDAY 1.30PM BRISK PACE

30-40 MIN CIRCULAR WALK

PLEASE COME AND FIND OUT MORE

NEW MEMBERS
WELCOME