



**Walks for Health**



## ***New walks in & around Great Denham***

**Not very active?  
This could be just the thing for *you***

### ***Short led walks - all welcome***

- Walks last around 60 minutes
- There's no need to book - just turn up
- It's all free and it's very good for you
  - It's a great social activity

**All meet 10.30 am at Bedford  
Golf Club, Great Denham**

**Tuesdays: 26<sup>th</sup> Jan; 23<sup>rd</sup> Feb; 29<sup>th</sup> March;  
26<sup>th</sup> April; 31<sup>st</sup> May; 28<sup>th</sup> June**

**Sundays: 3<sup>rd</sup> Jan; \*14<sup>th</sup> Feb; 6<sup>th</sup> March;  
3<sup>rd</sup> April; \*8<sup>th</sup> May; 5<sup>th</sup> June; 3<sup>rd</sup> July**

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