

ASHLEY SURGERY HEALTH WALKS

The next health walks will be on

Thursday 3rd November

Thursday 1st December

Thursday 5th January

All welcome to attend

We will be meeting on The Loggerheads car park

at 2pm.



Ashley Surgery Walking for Health has been set up following a request from our Patient Participation Group.

The idea of the walks is to encourage walking as a form of exercise and to experience all the benefits that walking can bring you such as:

Help your heart & lungs work better

Lower your blood pressure

Keep your weight down

Lighten your mood

Keep your joints & muscles strong

Increase 'good' cholesterol