

February/March Health Walks

at Duston Sports Centre & St Crispin's Retail Village
alternate Tuesday afternoon's at 13.30



All walks are led by qualified walk leaders, suitable for all and a great way to get out and about, children welcome but sorry no dogs.

For more info on health walks visit <https://www.walkingforhealth.org.uk>

**St Crispin's, meet opposite Tick Tock
Café NN5 4XB in time to set off at 13.30**

- 5 Feb 2019
- 19 Feb 2019
- 5 Mar 2019
- 19 Mar 2019

**Duston Sports Centre NN5 6EX meet in
time to set off at 13.30**

- 12 Feb 2019
- 26 Feb 2019
- 12 Mar 2019
- 26 Mar 2019