

Walking for Health

Join in our new gentle walk every Monday around Pevensey Bay

Weekly walks start on 1st March 2010

Meet at 10.45am outside HSBC bank, Richmond Road, Pevensey Bay

Finish approx. 11.15am at Ocean View Bakery for refreshments and chat

- Free weekly walk - just turn up and join in
- Keep active and meet new people
- Led by a trained volunteer from Age Concern Eastbourne Health Walks Scheme

For more information contact:
Patricia Roud, 01323 741930

walk 4 life

