

**FREE**

**WEEKLY**

**SOCIAL WALKS**

Would you like to practice a mild form of

exercise

and meet new friends at the same time?

Just bring a water bottle

,

suitable clothing and

shoes and meet us on

**January 5**

**th**

**at the**

**Chap**

**el Coffee House**

**at 10.30am.**

**Every Thursday at**

**10.30**

**am**

atat

At

**30**

**minute walks**

**around Ormesby**

**St. Margaret.**

**Meet new friends!**

**Improve your**

**overall health**

**!**

**All welcome!**

**START POINT:**

The Chapel Coffee House

North Road

Ormesby St Margaret

NR29 3RS

For more information,

please

contact Ana on:

07818587410

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Dates and Times

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