



New Free Health Walks in Ponteland



Improve your health
Meet new friends

Short walks, good paths
Regular weekly exercise

Every Tues at 10:30am at the Leisure Centre
Walks start Tuesday 7th May 2019

Short Walks, easy terrain, 60 to 90 minutes
Led by trained volunteers

To know more contact West Northumberland Health Walks Co-ordinator Lorraine Oliver on 01670 622368 or loliver@activenorthumberland.org.uk, or local walks leader Gordon Allan on 07936 135469. Assistance dogs only please.