



Get active

one step

at a time...

Join a free local group walk!

Our health walks are a great way to get active and meet new people in your local area. Join us!

Walk name: Walk & Talk Southam

Dates: Every Tuesday

Start time: 2pm

Meet-up point: Starts from the Leisure Centre

Length: 60-90mins

Contact name: Daniel Tolhurst

Contact number: 01789 260115

**WE ARE
MACMILLAN
CANCER SUPPORT**



ramblers

Supporting you to
get active and stay active