

Start walking, feel better!



photo: Nick Turner

We all know that regular walks are good for body and mind.

Spring is the perfect time to join a new social walking group for regular short walks of up to three miles in the Winchcombe area.

Make new friends while improving your fitness and your mood. Walks will end with refreshments and a chat at a local venue.

**To find out more pop in to the White Hart Inn,
High Street, Winchcombe
Saturday, 28 February 10am – 12 noon**

We are also looking to provide training for anyone who loves walking and would like to lead walks in their local community – come along to find out more.