



Join us for

A Walk each week!

ALL ARE WELCOME

The Walk starts at 2 pm

**at the surgery car park
and each walk lasts about 45 minutes**

**Robust shoes/boots are useful!
Join in, have a walk and a chat!
*Dogs are welcome, on a lead.***

Friday 3rd March 2pm

Tuesday 7th March 2pm

Wednesday 15th March 2pm

Thursday 23rd March 2pm

Friday 31st March 2pm

The 'weekly walk' is supported by members of **Garswood Surgery Practice Patient Group**.
Do join us and get to know Garswood and surrounding areas better!