

Walk and Talk

Sidmouth Promenade Health Walk



Want to get more active? Then we're here to help!

Where: Meeting opposite Sidmouth Lifeboat Station

When: to start Tuesday 29th August, then every other Tuesday

Time: 2pm (for approx 30 minute walk)

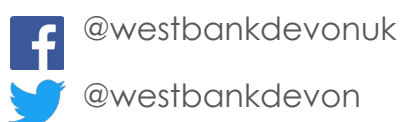
Cost: Join our free and friendly walk in Sidmouth

This is a Grade 1 walk on flat ground or gentle slopes no steps or stiles. Finishing at one of the local coffee shops for refreshments to be purchased at your own cost.

For further information please contact Vicki-Jo Eva, Westbank Healthy Neighbourhoods Co-ordinator on t: 01392 824752 or e: vj.eva@westbankfriends.org

www.westbank.org.uk

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