



WELLBEING WALKS

South Devon Walk this Way

Free monthly walks commencing April 21st then 4 weekly.

All walks start at 11.15 am, please arrive 15 minutes before for registration at the Space health and fitness.

All The walks are free of charge.

Please wear suitable clothing, strong supportive footwear, and bring a bottle of water.

Everyone Welcome



What are Wellbeing Walks?

Short walks that take place all across England.

They're designed to help you take the first step towards better health, wellbeing and happiness.

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Scan the QR code for more information



www.ledleisure.co.uk

THE SPACE
HEALTH & FITNESS