

best foot forward



A Derby City Council Project

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

Walking is a great way to get fit, explore what's on your doorstep and make new friends.

Join one of our free and friendly short walks today.

**Join our new walk at Arboretum Park
on Tuesdays at 9.15am (from 17/7/18)**

**Meet by the park entrance on Reginald Street
(next to St. James' School)**

For the full walking programme Google 'Walk Well Derby'

Walk subject to change

Visit our website to find out more
about your local health walks:
walkingforhealth.org.uk
or call **07812 302022**

**WE ARE
MACMILLAN.
CANCER SUPPORT**



ramblers

Supporting you to
get active and stay active