

# GET WALKING KEEP WALKING IN MANCHESTER



WALK AWAY  
FROM STRESS!

HELP CONTROL  
YOUR WEIGHT!

EXPLORE THE  
LOCAL AREA!

SPEND QUALITY  
TIME WITH FRIENDS  
AND FAMILY!

IMPROVE YOUR  
HEALTH!

Learn more about the benefits of walking, discover the hidden spaces of Manchester and follow the 12-week walking plan on one of our Get Walking Keep Walking programmes.

No need to travel – all programmes run from local centres.

## OUR NEXT PROGRAMME:



### **MOSTON MARCHERS**

Broadhurst Park Sure Start,  
Lightbowne Road, Moston, Manchester, M40 0FJ

**Starting Wednesday 14th April 2010**

**14pm-16pm**

(Initial programme for 4 weeks!)

For more information contact Anne on XXXXX or Netty on  
232 3101



For more information call 0161 232 3101  
[www.getwalking.org.uk/manchester](http://www.getwalking.org.uk/manchester)

# GET WALKING KEEP WALKING IN MANCHESTER



WALK AWAY  
FROM STRESS!

HELP CONTROL  
YOUR WEIGHT!

EXPLORE THE  
LOCAL AREA!

SPEND QUALITY  
TIME WITH FRIENDS  
AND FAMILY!

IMPROVE YOUR  
HEALTH!

Learn more about the benefits of walking, discover the hidden spaces of Manchester and follow the 12-week walking plan on one of our Get Walking Keep Walking programmes.

No need to travel – all programmes run from local centres.

## OUR NEXT PROGRAMME:



### **MOSTON MARCHERS**

Broadhurst Park Sure Start,  
Lightbowne Road, Moston, Manchester, M40 0FJ

**Starting Wednesday 14th April 2010**

**14pm-16pm**

(Initial programme for 4 weeks!)

For more information contact Anne on XXXXX or Netty on  
232 3101



For more information call 0161 232 3101  
[www.getwalking.org.uk/manchester](http://www.getwalking.org.uk/manchester)