



STROLLERS GROUP

GOOD HEALTH ONE STEP AT A TIME....

**Every Thursday at 2pm.
Starts the 3rd September 2015.**

Come and join us for short, gentle, local health walks aimed at individuals looking to ease themselves into a more active lifestyle and improve their health. Meet at The Wester Hailes Library , 1 Westside Plaza, refreshments will be provided.

Please call Stacey Wilson at The Health Agency on 0131 453 9400 or email stacey@whhealthagency.co.uk if you want to register for this group or if you would like more information

Why walk?

- Be healthier and happier
- Meet new people
- It's fun, free and anyone can do it!

