



every
step
counts

Milton Keynes Health Walks

New weekly walk starting on
Wednesday 8th March 2017 10:30 – 11:30



Walnut Tree Walkers



Starting Location - Walnut Tree Health Centre, MK7 7PB

Join our FREE walking group to; meet new people, enjoy the hidden parkland and stay active.

Our walks are a maximum of 1 hour and are led at a gentle pace.

Tea and Coffee available back at the surgery after the walk.

Our walks are suitable for all

Walk Leader Contact: Susanne on 07875 363062

MK Council, Sports Development: 01908 254430

www.walkingforhealth.org.uk/walkfinder/milton-keynes-health-walks



The Parks Trust
MILTON KEYNES

