



Unity Primary Care

# Walking Group

## (Pennfields Health Centre)



**Every Wednesday 10.30 – 12.30**

**Starting on 26<sup>th</sup> February 2020**

**Tea / Coffee & Snacks provided**



**30-minute walk followed by a seated exercise session.**

**Monthly blood pressure & weight readings offered**

**The walk starts and finishes from our building**

- 10.30-11.00     Tea, Coffee & Chat
- 11.00-11.30     The Walk
- 11.30-12.00     progression data collection  
Certificate presentation
- 12.00-12.30     Seated exercise
- Opportunity to meet new people and make new friends
- Information sharing on many health & wellbeing topics throughout the year.

**For more information call: Roy Kimberly (Walk Leader)**

**On**

**03030 204020 or 07799 904 256**

**And ask about the Pennfields Sessions**

**All paces and abilities welcome!**



**In partnership with DRC.**

disability  
resource  
centre

**2**

25 years