



## WALLINGTON COMMUNITY WELLBEING GROUP

### Walk for Health!

(and make new friends at the same time)

**TUESDAYS at 10.30 am**

Meet outside Wallington Girls School at the bus shelter  
at 10.20 am for a 10.30 am prompt start  
(127, 463 and S4 buses)

Walk for 30 minutes with options to extend

The walk ends at Flittons Garden Centre  
where refreshments are available.

It is then a short walk back to the start.

We will also have regular visits to  
Sutton Community Farm.

*(Walkers need to pay for their own tea, coffee etc)*

Wear suitable footwear eg trainers

(Walking boots are not required)

We will walk in the rain so be prepared!

Walk at your own risk

In conjunction with Shotfield Medical Practice  
and GET ACTIVE Wandle Valley



*Walk  
for  
Health  
in  
Wallington*



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