

Spring Hall Medical Practice Walk

Date: **Friday 10th January 2020**

Time: **Meeting at Spring Hall Medical Practice (Car Park side) at 1:45pm. Walk to start at 2pm**

This new gentle walk is roughly 1.5 miles (30-45 mins) around northern Central Halifax starting and returning at Spring Hall Medical Practice, including a little stroll through West End Park.

Parents, children, uncles, aunties, grandparents, prams and pushchairs are ALL welcome! We advise wearing appropriate trainers (that you don't mind getting a little muddy) and wear comfortable clothing.

No need to book, just turn up!

If you have any questions please contact Zain your walk leader on 07966 272520.

