

Get up
Get out
Get walking

Rivers and People Project



Let's get walking
LEWISHAM HEALTHY WALKS

Waterways Health Walks

Get some fresh air, be a bit more active and meet new people whilst exploring the many waterways of Lewisham.

Every Tuesday at 1.30pm starting on 14 June 2011

The walks will be for about an hour. All routes are circular. We will have different start points depending on the route including Ladywell Fields café, Chinbrook Meadows café, Sainsburys Sydenham, Beckenham Place Park Mansion and Cornmill Gardens.

See overleaf for the programme or

www.natureconservationlewisham.co.uk/waterwayshealthwalks for more information or contact Jenny as below

Free, friendly, short walking groups every week.
Led by trained walk leaders. Walk at a pace that suits you.

To find out more contact:

Lewisham Healthy Walks

Phone: **020 3049 3485**

Fax: **020 3049 3578**

Email: jenny.budd@nhs.net

Web: www.wfh.naturalengland.org.uk/walkfinder



walk 4 life

Lewisham Healthcare
NHS Trust

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