



The Green Mile

Did you know that walking is relaxing, good for the mind and body and will help you sleep better?

Come along to our walking group, to make new friends and enjoy nature on a lovely walk around Wythenshawe Park to Northenden Centre and back. On our leafy walk, experience the many colours of autumn as the seasons change. It's a great time of year for beautiful views.

Walks are **Mondays and Thursdays** weather permitting (we won't walk in heavy rain) and will begin from the **Horticultural Centre in Wythenshawe Park** at 1pm. **Please arrive at 12noon** for an initial induction.

The pace is gentle to suit inexperienced walkers who want to get out of the house for a couple of hours and enjoy some fresh air!

Walks are free and refreshments will be provided.

Call Kay Bamford on 07589 869 747 to book or find out more.

Places are limited, no dog walkers please.

