

# WALK?

*.....feeling frazzled, anxious, stressed,  
tired or down?*

Dr Peter Churn will be leading a series of health walks on the 1<sup>st</sup> Tuesday of every month. Each walk will last 2-3 hours.

All you need to do is turn up to the war memorial at 9:30 with an open mind and some appropriate shoes...

What have you got to lose?...

Next walk      *Tuesday 2<sup>nd</sup> April at 9:30am*