

Tunbridge Wells Health Walks Town Centre



Wednesday 12:30pm
Five Ways
Duration: 30minutes

Health Walks:

- Reduces stress
- Help concentration
- Make you feel good
- Give you more energy
- Can fit into your lunch break

Walk more... feel the difference

All walks are completely FREE and kept to paths.
No need to book or commit, just turn up on the day.
All the walks are less than an hour and in your local area.
So if you want to meet new people and start being more active
come and join us.

www.tunbridgewells.gov.uk/healthwalks
email health@tunbridgewells.gov.uk
or call 01892 554411



West Kent

