

Health WALKS

Our **FREE** Family Health Walks are back, and we'd love to see as many families there. There's no need to book, and it's a great way of getting more active, meeting new people and exploring the beautiful county. See below for your local walks:

Sudbury Family Walks

Monday 17th February, starting: 11:00

Meeting Point: outside Kingfisher Leisure Centre, Station Road,
Sudbury, CO10 2SU

Tuesday 18th February, starting: 11:00

Meeting Point: Wells Hall Primary School, Great Conard,
Sudbury, CO10 0N.

**After the walk, why not come along healthy lifestyle workshop, for
FREE advice on how you and your family can be more healthy!**

For more information see our
please see our Facebook
events!

"We loved having something
to do every Tuesday and
exploring the area around
where we live"

Cooper Family



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