

NEW starting Tuesday 17th June **Kemsing Health Walk**



- Walks led by trained walk leaders
- All ages and abilities welcome
- Walk at your own pace
- Walks last about 45 minutes
- Wear comfortable footwear

**Meet
every
Tuesday
at
10.30 am**

**Meeting and finishing at the Car Park, High Street
(next to Wheatsheaf pub) NO BOOKING,
it is FREE, just turn up EVERY TUESDAY from 17th June!**

Children under 16yrs must be accompanied by an adult.
Walkers will be required to complete a short health
questionnaire prior to their first walk

For more information contact Layla Powell: 01732 227121
or HealthyLiving@sevenoaks.gov.uk



West Kent **NHS**
Primary Care Trust