

'Step into Health'

FREE Sevenoaks Town Health Walk



FREE pedometer to everyone who attends the first walk!



Every Thursday at 10.30am, starting on 17th January 2008



**Meeting and finishing at Sevenoaks Leisure Centre, Buckhurst Lane, Sevenoaks
NO BOOKING, it's free, so just turn up!**

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

No special clothes needed, just comfortable walking shoes

**Walks led by trained walk leaders.
All ages and abilities welcome and walk at your own pace
Walks last about 45 minutes**



sencio
community leisure



West Kent
Primary Care Trust



For more information contact
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