

# STEP BY STEP

A chance to get outdoors, clear your mind  
and make new friends!



## Poynton Area Health Walk

These walks are great for people getting back into exercise, wanting to socialise & de-stress outdoors. Walk leaders will adjust the pace accordingly to suit need.

**Dates:** Every other Wednesday  
(please contact for details)

**Start time:** 10.00am (meet at 9.45am)

**Meet point:** Various Locations around Poynton (please contact for details)

**Length:** approx. 60 minutes

**Cost:** Walks are FREE

### Please note:

Dogs are not permitted on the walk.



Please wear appropriate footwear & bring a drink

For more information call 07790 805724 or  
email [sport@everybody.org.uk](mailto:sport@everybody.org.uk)

