

# UTTLESFORD HEALTH WALKS IN GREAT CHESTERFORD

These walks follow guidelines set out by Walking the Way to Health, information about which can be found on [www.whi.org.uk](http://www.whi.org.uk)

The walk starts from outside The Surgery, School Street on Thursday mornings commencing at 10.30am.

The walk leaders accompany the walkers on a walk lasting about 50minutes, approximately 50 minutes.

Everybody is welcome and the walk will always meet the needs of the less active walkers.

For more information, please contact Paul Goddard, Uttlesford Health walk co-ordinator on 01799 581720 or email [CLMUttlesford@leisureconnection.co.uk](mailto:CLMUttlesford@leisureconnection.co.uk)