

# DALGARNO WALKING FOR MEN GROUP

Come along to walking routes along the canal, local parks and places of interest.

It's free and fun and happens on Fridays for 4 weeks.

All men are welcome to come along and bring a friend!

## You will:

- Improve your stretching, flexibility and posture
- Improve your breathing and feel great
- Learn the benefits of walking and
- Enjoy the company of others in the outdoors!

**Every Friday from 1<sup>st</sup> June – 22<sup>nd</sup> June 2018**

**10:30am – 11:30am**

**Meeting Point: Dalgarno Trust  
1 Webb Close, Dalgarno Way W10 5QB**

Light refreshments provided



**To register please contact Davendra on  
020 8969 6300 or [davendra@dalgarnotrust.org.uk](mailto:davendra@dalgarnotrust.org.uk)**

