

1.30pm each  
Tuesday  
starting  
Tuesday 30th  
January 2024

Come for a  
gentle walk starting  
from  
St Peters Church,  
Farnborough  
GU14 7AP

Meet outside the Church - there is no parking on site

# HEALTH WALKS -

## New year, New walk!

- This is a gentle starter walk as an introduction to increased activity/return to fitness. Everyone is welcome.
- Come along and enjoy the fresh air, good company and the opportunity to feel energised!
- Please wear appropriate footwear (the walk will be suitable for poor weather).

For more details contact:  
[walks@rvs.org.uk](mailto:walks@rvs.org.uk) / 01252 398450

