

# Health & Wellbeing Walk

**Aldershot Park - GU12 4BP**

**Every Friday, starting at 1.30pm**

Suitable for those wishing to increase their physical activity - an ideal starter walk.

No lower or upper age limit - everyone is welcome to meet up and enjoy the fresh air and good company.



For more information contact RVS on:

**01252 398450**

**[walks@rvs.org.uk](mailto:walks@rvs.org.uk)**

or just turn up and look for the leaders in high-vis jackets.

Please wear appropriate footwear.



**Hampshire**  
County Council

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Managed by Rushmoor Voluntary Services Reg. Charity No. 1059794