



Starting Monday  
1st July 2024 at  
1.30 pm  
Meet at the car park

Wellbeing Walk  
starting from  
Brickfields Country  
Park, Aldershot  
GU11 3QJ

Meet at Brickfields Country Park, Aldershot

# WELLBEING WALK



The walk will start at 1.30 pm and take about an hour. Start and finish is Brickfields Country Park and will include Manor Park



- This is a moderate walk as a return to fitness/increase in activity levels
- Come along and enjoy the fresh air, good company and the opportunity to feel energised!
- Please wear suitable footwear (the walk will be suitable for poor weather).



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

Project funded by Public Health (part of Hampshire County Council) and managed by Rushmoor Voluntary Services

 **RUSHMOOR**  
Voluntary Services  
Local support for local people