

Every week  
starts  
Thursday  
3rd October  
2024 1.30pm

Wellbeing Walk  
Meet @ Fox Lines' MOD  
Car Park,  
Aldershot GU11 2LB

Walk will include Chalk  
Farm Lake and the Canal

Meet at Fox Lines' MOD Car Park Prince's Avenue GU11 2LB

# WELLBEING WALKS

This guided walk will start at 1.30 pm  
and take about an hour. Walk along  
the canal, around Chalk Farm Lake  
and then back to Fox Lines' Car Park  
- everyone welcome

- 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).

