

Weekly Walks

Friendly and Free, All Welcome!

Every Wednesday

(starting 15th November 2023)

1:30pm – 2:45pm



151 Castle Rd West,
Oldbury,
B68 0EL



Benefits of Regular Walking

- Help maintain a healthy weight.
- Help prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes.
- Improve wellbeing and social connectedness
- Strengthen your bones and muscles.
- Improve your balance and coordination.

Please consider your own needs before you take part and if necessary, please seek medical advice before attending.