

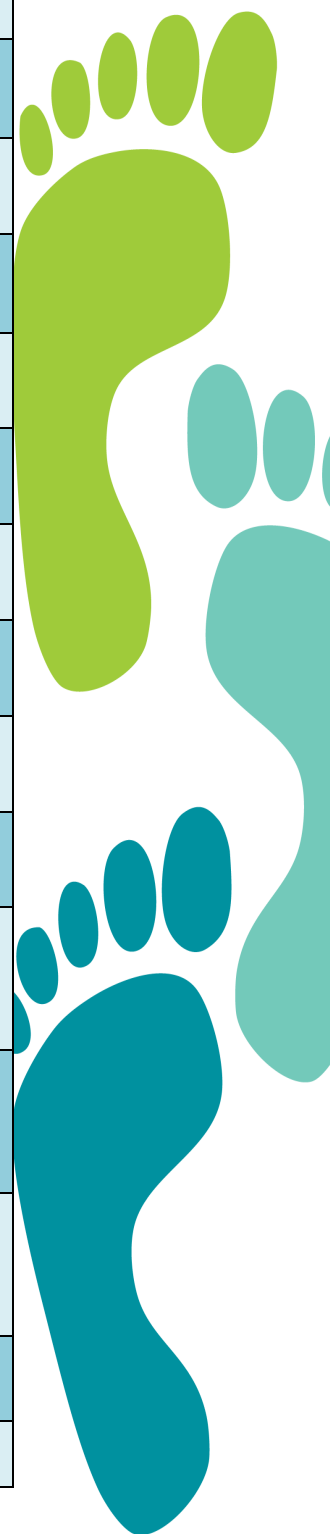
# walk this way

EVERYONE WELCOME. ALL FITNESS LEVELS CATERED FOR



walking  
for health

DAY	TIME	MEETING PLACE	WALKING TO
MON	9.20am	Lordship Rec Ground, Gates near traffic lights, Downhills Pk Rd, <b>N17 6NY</b>	Lordship Rec
MON	10.15am	Outside Stonecroft Children's Centre <b>N87HR</b>	Walking to Alexandra Palace
TUES	10am	Outside gym area at Whymark Ave, <b>N22 6DJ</b>	Downhills Park
WEDS	10am	Outside Café in Markfield Park, <b>N154RB</b>	Markfield Park/River Lea
WEDS	10am	Wolves Lane Garden Centre Cafe <b>N22 5JD</b>	White Hart Lane Rec
WEDS	11am	Café in Queenswood Surgery, <b>N8 8JD</b>	Priory Park
WEDS	10am	Bill Nicholson Way <b>N17 OAP</b>	Bruce Castle Park
THURS	9.30am	Somerset Gardens Surgery <b>N17 8NW</b>	Bruce Castle Park
THURS	11am	Outside Salvation Army, Lymington Ave, <b>N22 6JA</b>	Various Parks
THURS	11.15am	Westbury Medical Centre <b>N22 6RX</b>	Lordship Rec
THURS	4pm	Broadwater Farm Community Centre Reception <b>N176HE</b>	Lordship Rec
FRI	11am	Reception Tottenham Green Leisure Centre, <b>N15 4JA</b>	Downhills Park
FRI	10.30am	Stonebridge Lock Waterside centre/Near toilets, <b>N17</b>	Tottenham Marshes
FRI	12.45pm	1 Berkley Rd ( Crouch Hall Road Surgery <b>N8 8HJ</b>	Crouch End
SAT	11am	St Pauls School <b>N17 0HH</b>	Bruce Castle Park



For more information call or email

**0208885 7307**

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