



1:30 pm  
Every Friday

Come for a walk in  
Aldershot Park  
GU12 4BP  
Everyone welcome!

Meet at the car park in Aldershot Park

# WELLBEING WALK

The walk will start at 1:30 pm  
and take 30-45 minutes



- This is a starter walk - an introduction to increased activity/return to fitness.
- 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



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

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