

the Big Fit Walk

We're going for a walk
and everyone's invited



Come along and bring a friend to our yearly walk.

Meet at the Pavilion in Rouken Glen Park on Thursday 15 June from 6pm

Be active, get healthy, have fun!

The Big Fit Walk is free, easy and lots of fun – especially when you bring a friend. Young, old, fast, slow – it doesn't matter.

It's not a race, it's about having fun and staying healthy. Fresh air, a walk and a chat. Hey, it could become a regular thing.

And the best bit?

Everyone – absolutely everyone – is welcome.

See you there!

For more information please contact Sine Delahunt on:
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