

Walks for Men



Would you like to
improve your fitness?

Starting with a two mile walk and
building up to six miles over six weeks.

Come along enjoy the walk and a natter
on

Thursday mornings at 10am
at the Feelgood Factory,

For more information call into the
Feelgood Factory Glovers Lane, Netherton
or phone 291 8010 or 291 8011

