

HEALTH WALKS

One Life Suffolk helps local people live healthier lives. **OneLife Suffolk's FREE Health Walks are led by trained volunteers all across the county. The walks are graded from 1 to 5 to suit ability, offering something for everyone.**

The Westleton Walking for Health Group have the following walks for you to enjoy.

10.30am	Mon 2 Aug 2021	Dunwich, Greyfriars Woods & Dunwich Heath
10.30am	Tue 17 Aug 2021	A Walk on Westleton Common
9.30am	Wed 1 Sep 2021	Walking Westleton Heath
10.30am	Wed 16 Sep 2021	A Walk on Westleton Common
10.30am	Tue 28 Sep 2021	Dunwich, Greyfriars Woods & Dunwich Heath

Refreshments are available to purchase at Westleton Village Hall 10-12noon.

Booking is essential - full details of each walk and how to book can be found on the website www.onelifesuffolk.co.uk or call 01473 718193.

The Westleton Walking for Health Group (Elaine, Sue, Joyce, Hillas and Judie)