



Join a free and friendly health walk!



Time:

10am on the 4th Friday of each month

Excluding the December walk which will be on Friday 17th



Please arrive 15 minutes early to register!

Meeting point:

Tadcaster Bus Station



The walk is 2km-3km, lasts 45-60 minutes and is open to everyone!

Please wear clothes and footwear suited to the weather conditions on the day.

Contact York Health Walks:

Tel: 07983945869

Email: yorkhealthwalks@gmail.com

 www.facebook.com/yorkhealthwalks

For information about our other walks, visit www.walkingforhealth.org.uk