

# JOIN US FOR OUR WEEKLY WEDNESDAY WALK FOR WELLBEING

## EVERY WEDNESDAY AT 12.00

WE MEET OUTSIDE ASHFORD PLACE, 60 ASHFORD ROAD NW2 6TU

Walk to Gladstone Park and back to Ashford Place for a healthy lunch

**Meet People**

**Walking not only  
exercises the legs  
but the heart too**

**Walking  
is a  
great  
way to  
increase  
your  
heart  
rate  
without  
tiring  
yourself  
out**

**Staying fit allows your  
heart to work more  
efficiently and can help  
lower your blood pressure**

**Improves  
your mood**

 **Ashford  
Place**  
Community Café

