



Updated Oct  
2011

# Cambridge Health Walks

All walks are 30-40mins, are buggy friendly and are for all abilities.

Just turn up to any walks, if you are new to a walk please turn up 10 minutes early to fill in health questionnaire

- **East Barnwell Health Walk**

**When:** 1<sup>st</sup> and 3<sup>rd</sup> Mondays of every month at 2pm (dates include: 7<sup>th</sup> & 21<sup>st</sup> Nov, 5<sup>th</sup> Dec)

**Where:** Leaving from East Barnwell Health Centre, Ditton Lane, Cambridge, CB5 8SP

**Contact:** Louise Stevens 07540 703821

- **Arbury Health Walk**

**When:** Every Tuesday at 11am

**Where:** Leaving from Arbury Community Centre, Campkin Road, Cambridge, CB4 2LD

**Contact:** Wendy or Dashlina on 07540 703824

- **Nuffield Road Medical Centre Walks**

## Wednesday Walk

**When:** Every Wednesday 2pm

**Where:** Leaving from Nuffield Road Medical Centre, 10 Pippin Drive, Chesterton, Cambridge, CB4 1GL

**Contact:** Nuffield Road Medical Centre on 01223 423424 or Emma Clifford on 07540 703629

## Thursday Walk

**When:** Every Thursday 11am

**Where:** Leaving from Nuffield Road Medical Centre, 10 Pippin Drive, Chesterton, Cambridge, CB4 1GL

**Contact:** Nuffield Road Medical Centre on 01223 423424



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