

# Wellbeing Walks Bampton

Walking is great for your health and puts a spring in your step. Anyone can turn up and join in, it's free, fun and friendly!

Come and take a leisurely walk and meet like-minded people.

These Grade 1 walks will be on flat ground or gentle slopes with mainly firm surfaces around Bampton.

These walks are subject to change in line with current government guidance.

When: **Every Monday**

Time: **10.30am**, for approx. 30 minutes

Starting point: LARC Bampton, The Old School, Station Road Bampton EX16 9NG

For further information please contact:

Local Bampton Coordinator Judi Thomas on t: 07595 497476 or e: [wwbampton@gmail.com](mailto:wwbampton@gmail.com)

Or, Claire Ridge Westbank Health Walks Coordinator on t: 01392 824752 or e: [claire.ridge@westbank.org.uk](mailto:claire.ridge@westbank.org.uk)



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