



Health WALKS

**One
Life
Suffolk**

**Come along to our FREE
volunteer-led Health Walk**



**Fortnightly in
Clare Castle Country Park**



**CLARE CASTLE
COUNTRY PARK**

Tuesday July 24th, August 7th, August 21st, September 4th,



Meet outside the Clare Park Centre

10.30am



An easy walk around our glorious Country Park
<http://clarewalks.co.uk/> for more details.

LOTTERY FUNDED

OneLife Suffolk's FREE Health Walks are led by trained volunteers. The walks are graded from 1- 5 to suit ability, offering something for everyone. Come along to become more active, meet new people and explore our beautiful county.



@OneLife Suffolk



OneLife Suffolk

Helping Local People To Live Healthier Lives

Call: 01473 718193

Visit: www.onelifesuffolk.co.uk