



**Four Shires Medical Centre
Moreton-in-Marsh
Walking for Health Initiative**



COME ALONG AND ENJOY A WALK WITH US
Every Wednesday — 10:30am

All the teams here at Four Shires Medical Centre place great emphasis on promoting good health to our patients. As part of this, we have introduced 'Walking for Health', an initiative designed to encourage local people to participate in a walking group. Walks will start and end at Four Shires Medical Centre and take in the surrounding area of Moreton-in-Marsh. There will be a welcome cup of tea/coffee waiting for our return!

Walks will start at 10:30am and will take around 30-60 minutes. Maps can be provided.

People of all ages are welcome; mums and toddlers, young people, as well as the more 'mature' amongst us! If you are worried about your level of fitness please feel free to ask your Doctor.

As well as increasing fitness, the aim is to give everyone an opportunity to meet new people and have a good old chat along the way! Do come along and join us!