

GET WALKING

NHS

Kent Community Health
NHS Foundation Trust



clinical & educational
breastfeeding programmes



Bumps and Baby Wearers Walk and Talk

Walk details 2

Day: Mondays (following dates)

Date: 24th Feb, 23rd Mar, 20th Apr,
18th May, 15th Jun, 20th Jul 2020

Location:

Thanington Neighbourhood Resource Centre
Thanington Road, Canterbury CT1 3XE

Smoke free/No dogs. Proper footwear is mandatory as parts of the walk can be wet and muddy.

Time: 9.30 for sling fitting
10.00 start of walk

Length: 45 minutes

Contact: 0300 123 1220

Please stay for refreshments after the walk from 11 to 12

It's **FREE**, simply turn up and join in.



Walk Grades

1 Gentle stroll,
shorter distance

2 Brisk walk,
slightly further
distance

3 Faster pace,
longer distance
or rough ground



90 mins plus (beyond Walking for Health) suitable for fit and experienced walkers. Expect inclines, stiles and uneven paths.

**ONE
YOU
KENT**

For more information:

Health Walks Team

Phone: 0300 123 1220

Email: kcht.healthwalks@nhs.net

www.oneyoukent.org.uk



ramblers
at the heart of walking



walking
for health