



Join Your Local Health Walk Today!



<u>When?</u>	<u>Location/ Meeting Place</u>	<u>Intensity</u>	<u>Leader</u>
Monday 10.00am- 11.00am	Jarrow March– Outside Morrisons , Jarrow, South Tyneside		David
Tuesday 10.00am- 11.00am	Britannia Walk, The Britannia- Cleadon, South Tyneside		David
Tuesday 10.30am- 11.30am	Quayside Stroll– Millennium Bridge, Newcastle Quayside		Mary & Ron
Tuesday 7.00pm - 8.00pm	Ocean Road Community Centre– South shields, South Tyneside		David /Tony
Wednesday 10.30am- 11.30am	Whist Centre, Salus House– South Shields, South Tyneside. (Women Only)		Irene
Thursday 10.30am- 12.00am	Barnes Institute, Whitburn, South Tyneside		Tony
Thursday 10.15am- 12.00am	Friends of South Marine Park, South Shields. Meet at gates opposite Marine Pub (social walk)		Jack/ Sheila
Thursday 1.00pm- 2.00pm	Greys Monument, Newcastle		David & Arthur
Friday 10.30am– 11.30am	Ocean Road Community Centre, South Shields		David

No need to book just turn up.

We recommend you check the weather before and dress appropriately.

For more information please contact
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Social Walk:
low intensity, 30—60 Minutes



Medium Walk:
moderate intensity, up to 60 minutes



Experienced Walkers:
high intensity, with some hills