



## HEALTH RECOVERY WALKS IN LOFTUS

Loftus ACCORD Walking Group, in conjunction with Redcar and Cleveland Borough Council, will be hosting an additional weekly Health Recovery Walk.

The Walks will start from outside **Loftus Library**, Hall Grounds, every Friday, **leaving at 1.15pm.**

Walks will last approximately 40 minutes, taking in the Loftus area. All ages and abilities are welcome and the routes are planned particularly for those that do not walk regularly or are going through a period of health recovery.

**So please come and join us to improve your health and personal fitness with our friendly group!**

Other local Health walks can be found on the Walking for Health website at: [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

For more information contact Harry Waring on 01287 203400  
Email [hw46@hotmail.co.uk](mailto:hw46@hotmail.co.uk)

Like us on Facebook: [Loftus Accord Walking Group](#)

Follow us on Twitter: [LoftusAWG@LoftusAWG](#)