



MOVE MORE WALKING GROUPS

IN ASSOCIATION WITH



Want to get more active?
Then we're here to help!

Walking is a great way to get fit,
enjoy the outdoors and make friends.

Join one of our FREE short
lunchtime walks today.

Led by our friendly volunteer
walk leaders.



From Monday 4th January 2016

MONDAY

**ROCHESTER
HOUSE**

1:00-1:30pm

LEADER: Flick McCrohan

MEETING POINT: Rochester
House Reception



THURSDAY

**AUGUSTINE
HOUSE**

12:30-1:00pm

LEADER: Flick McCrohan

MEETING POINT: Augustine
House Reception

For more information about all our activities go to: www.canterbury.ac.uk/move-more
or email the team at: movemore@canterbury.ac.uk