

WALK DETAILS

Join our friendly walks from St Leonard's surgery in Athelstan Road, Tuesday mornings at 10.30am unless otherwise notified

(New Walkers - please check on the day with your surgery Receptionist)

All walks are between three quarters of a mile and a mile and a half, and we go to the following areas:

Baring Crescent
Bull Meadow
Cathedral Green
Northenhay Gardens
Belmont Park
County Hall grounds

NB: We can also introduce you other city walks provided by **Stepping Out's** Exeter Walks programme

Walks take between 30 and 50 minutes (a little longer if we stop for a tea, coffee or hot chocolate)

CONTACT

To find out more about these walks please contact the receptionist at your surgery



Supported by Westbank Health and Care

THE SURGERY STROLLERS

Every Tuesday morning at 10.30am*

Meet outside the St Leonard's Practice in Athelstan Road (in the foyer if wet) and finish there or in the High Street area (for buses home)



FREE gentle walking group for patients of Barnfield Hill, St Leonard's and Southernhay House surgeries.

* If you are new or returning to exercise this group will:

- Gradually increase your fitness
- Help you feel good
- Be an opportunity to socialise

CONTACT

The Receptionist
at your Surgery



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