

THE STROLLERS

Every Tuesday morning

Meeting at 10.20am for a 10.30am walk start*

We now meet beneath **Debenhams Arcade, opposite the Post Office and Carluccio's**. Walks finish there or in the High Street area (for buses home). **All walks visit Green Areas of Exeter and its surrounds (as far as Topsham or Exmouth when fine)**. Each includes a tea/coffee

FREE gentle walking group pioneered by Barnfield Hill, Southernhay House and St Leonard's surgeries but Open to **ALL**

If you are new or returning to exercise these walks will:

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

* **New walkers – please check with your GP that you are fit for walks.**

It would be helpful to bring a little cash or Bus Pass with you as we often take the bus to vary our walks.

CONTACT

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