

Healthy Lifestyles

in Newark and Sherwood



Barnbygate Strollers

Friends of Barnbygate Surgery



Wednesdays at 10am

**All walks are free
and there's no need to book
- just meet at the surgery gates**

*All patients from the surgery are welcome and all the walks are ideal for beginners
Please wear appropriate footwear and comfortable clothing*



Walking is a great way to get fitter, improve your health and meet new people



**For more details, call Sarah on 01636 655707
or email sarah.ferneyhough@nsdc.info**