



# Join Your Local Health Walk Today!



<u>When?</u>	<u>Location/ Meeting Place</u>	<u>Intensity</u>	<u>Leader</u>
Monday 10.00am- 11.00am	Jarrow March– Outside Morrisons , Jarrow, South Tyneside		David
Tuesday 10.00am- 11.00am	Britannia Walk, The Britannia- Cleadon, South Tyneside		David
Tuesday 10.30am- 11.30am	Quayside Stroll– Millennium Bridge, Newcastle Quayside		Mary & Ron
Tuesday 7.00pm - 8.00pm	Ocean Road Community Centre– South shields, South Tyneside		David /Tony
Wednesday 10.30am- 11.30am	Whist Centre, Salus House– South Shields, South Tyneside. (Women Only)		Irene
Thursday 10.30am- 12.00am	Barnes Institute, Whitburn, South Tyneside		Tony
Thursday 10.15am- 12.00am	Friends of South Marine Park, South Shields. Meet at gates opposite Marine Pub (social walk)		Jack/ Sheila
Thursday 1.00pm- 2.00pm	Greys Monument, Newcastle		David & Arthur
Friday 10.30am– 11.30am	Ocean Road Community Centre, South Shields		David

**No need to book just turn up.**

We recommend you check the weather before and dress appropriately.

For more information please contact [lucy.fenwick@groundwork.org.uk](mailto:lucy.fenwick@groundwork.org.uk)  
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**Social Walk:**  
low intensity, 30—60 Minutes



**Medium Walk:**  
moderate intensity, up to 60 minutes



**Experienced Walkers:**  
high intensity, with some hills