

Walking Group



See **Islington**, breathe **fresh air** and enjoy gentle **exercise!**

It is **free.**



Wear **comfy clothes** and bring **water** to drink.



We walk every **Monday afternoon.**

We meet at **Elfrida** at **1:30pm** and get back at **4:15pm.**



Speak to **Deborah** about it!

Call **020 7359 7443.**

