

CEC Coffee

Morning Walking Group

Are you looking for a fun, easy and sociable way to exercise?

Then join us on an enjoyable walk.....

Walking can reduce blood pressure & cholesterol, manage weight and reduce stress levels!

Please support, if numbers are less than 5, it will be lost.

When: Last Wednesday of every month

Where: CEC Church Ordnance Street

Time: 10:00 until 11:00



Any enquiries contact The Health and Lifestyle Team:

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