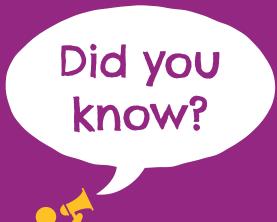


## GM Walking Festival May 1-31





Walking or wheeling short distances can help improve:

- 💠 joint pain
- energy Levels
- 🗢 mental wellbeing
- ond much more!





You're invited!
Scan the QR Code to participate or visit:
gmwalking.co.uk/festival/

