



# GM Walking Festival

## May 1-31



Did you know?

Walking or wheeling short distances can help improve:

- 🌸 joint pain
- 🌸 energy levels
- 🌸 mental wellbeing
- 🌸 and much more!



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

Greater Manchester  
**Walking**