



Post Abilities

Live the life you choose

## COME AND JOIN OUR NEW WALKING GROUP!

**New monthly walking group. Each month a different park. Family, friends, neighbours.....all welcome!**

**Put on your best walking shoes, grab a drink and come and join in!**

### Dates

- August 7<sup>th</sup>  
Alexandra Park (Edgeley)
- September 18<sup>th</sup>  
Woodbank Park  
(Offerton)
- October 9<sup>th</sup>  
Torkington Park (Hazel  
Grove)

Meet at the parks main  
entrance @ 11am

Call Laura at the office  
for more information  
0161 397 4964



**THESE BOOTS ARE  
MADE FOR  
WALKING!**