

# Hertfordshire Health Walks



## Hertford First Steps Taster Health Walks

Meet at 10:30 a.m. at Mudlarks Café,  
10 Railway Street, SG14 1BG

# Wednesdays

**September 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>**

Come and join us on a gentle 30 minute walk

The walk will be on flat and even ground and will be at a comfortable pace to suit all.

Option of coming for refreshments after in Mudlarks Café.

Walking is beneficial for improving health and fitness. Walking in a group is a great way to socialise and make new friends. Walks are free and led by trained volunteer walk leaders.

For a full programme of walks in the Hertford and Ware area visit [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks) or call the Health Walks team on 01992 588433