



Lancashire,  
Manchester &  
N Merseyside

# THE MOSS BANK PARK HEALTH WALK

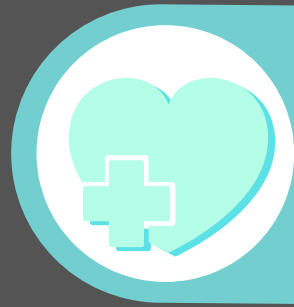
*Join us*



Make new friends



Enjoy nature



Improve your health

EVERY THURSDAY

10AM

We meet at the Moss Bank Park Cafe  
For 45 minute park walk  
On flat even ground