



## Chapel Row Surgery Friday Morning walks

Please join us for an hour or so and walk in the stunning  
countryside

Every Friday we meet at the Blackbird café /Bladebone pub carpark  
for a walk (about an hour) starting at 11am

We walk on footpaths as much as possible

Do join us and enjoy some exercise and chat

Please wear suitable footwear

From October we are hoping to have a programme of walks starting  
at different parking spots and this will be available at the surgery or  
on the website

Please ring Carole Jenner at the surgery if you have any questions  
(01189713252)

