



FAMILY FOOTSTEPS

FREE

The Family Footsteps Walks aim to provide opportunities for local people to take part in regular physical activity whilst exploring the local area. The walks are accessible to all ages and abilities and are led by qualified Walk Leaders.

The walks will start at 10am lasting approximately 1 hour, starting and finishing at the same point.

OUT AND ABOUT

Saturday 16th April
Seaham, Noses Point (Car park 1)

Saturday 21st May
Blackhall Community Centre

Saturday 25th June
Castle Eden Dene National,
Nature Reserve, Oakerside
Dene Lodge, Thornley

Saturday 23rd July
Age Concern, Thornley

Saturday 20th August
Wheatley Hill
Greenhills Community Centre

Saturday 24th September
Easington Colliery
(Former Pit Car Park)

Saturday 22nd October
Ludworth Community Centre



walk 4 life



County Durham and Darlington
Community Health Services

For further information on the Get Active Get Walking programme or to book a place please contact Lauren Lang (Health Improvement Practitioner) on 0191 5692847 or email lauren.lang@nhs.net