

# Horton Park Walkers



## Every Monday 10.30am

Walks are approximately 30-40 minutes and suitable for all abilities. Refreshments available after at the carers hub on Level 2 in Horton Park Health Centre

**Meet at Horton Park gates opposite Horton Park Health Centre**



Walking is a great way to keep fit, meet new people and explore your local area.

**The Carers Hub Walk is supported by Champions Show the Way**

**For more information call Carers Hub on 01274 251112 or email: [Carerhub@bdct.nhs.uk](mailto:Carerhub@bdct.nhs.uk)**

**BDCFT Carers Hub  
Horton Park Health Centre (Level 2)  
99 Horton Park Ave  
BD7 3EG**

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