

FREE
GUIDED
WALKS

Enjoy a walk
in the

WOODS

with your baby & children*

Being in nature, gentle exercise, good company are all good for your wellbeing. Enjoy being in the woods and explore this hidden gem on your doorstep. For new and expectant parents, grandparents, childminders and carers with children. Walk for 45 minutes in Grove Park nature reserve – it may be muddy but is fairly level. Refreshments at the end at Baring Road Medical Centre.



Meet on Tuesdays at 1pm outside the office at Ringway Centre, 268 Baring Road Grove Park SE12 0DS



You can just turn up or for more information, email baring.walks@gmail.com or call 07878 913 598

www.walkingforhealth.org.uk

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