

# Healthy you for 2022!

Walking gives you the chance to get fresh air, enjoy the outdoors and meet new people.



NHS Health and Wellbeing Coaches are leading a walk at Paxton Pits Nature Reserve on Tuesday 10<sup>th</sup> May from 10am. The route will be around 3 miles and support will be provided.

If you would like to attend, please contact Mick Brosnan on 07554 683 551 or [m.brosnan@nhs.net](mailto:m.brosnan@nhs.net)

Meet in Paxton Pits Car Park, High St, Little Paxton, Saint Neots PE19 6ET at 950am. Transport is available from Huntingdon.