

# walk WITH a DOC

educate. exercise. empower.

*Enjoy a chat and a walk with NHS Health Professionals from Ladybarn Group Practice*



Meet at Ladybarn Group Practice,  
54 Briarfield Road, Manchester, M20 4SS.

Meet at 12.50pm for 1pm start (lasts 30 - 40 minutes)

Taking place on the following dates (2018):

Thursday 4<sup>th</sup> January



Thursday 18<sup>th</sup> January

Thursday 1<sup>st</sup> February

Thursday 15<sup>th</sup> February

Learn how to make great health improvements while enjoying a walk around Ladybarn Park. It's a great way to talk about your health while getting out and being active!



**Please wear suitable footwear and clothing.**