



# TAKE A **STEP** TOWARD BETTER HEALTH!

**Wednesday July 09, 2025 – 9:30 AM to 10:30 AM**

**Blackleach Country Park**

**(Meet outside the Ranger office, in the main car park).**

Please join us for a gentle walk in this beautiful park on:

Wednesday the 9<sup>th</sup> of July 2025

9.30 to 10.30 am

We can't always promise the weather behaves but hope the company will be full of sunshine!



Physical activity can improve your mood, improve physical health and reduce risks of cancer and dementia!

Please see the links below for other local activities to get involved in.

<https://www.salford.gov.uk/your-council/council-departments/public-health/moving-in-salford/walking-cycling-and-moving-more/>

<https://salfordcommunityleisure.co.uk/be-active/>

<https://www.communitylittlehulton.co.uk/our-groups>