

**Chester Healthy Living Centre**



# **Chester Health Walk**

## **FREE Activity**

**A gentle guided half an hour walk around  
Blacon, ideal for beginners of all ages**

**Meet at Chester Healthy Living Centre  
Wednesday afternoons at 1.30pm,  
then back for refreshments at the Centre**

**No need to book a place**

**Please ring Dave Cotterell on 01244 385035  
for further information**

**Chester Healthy Living Centre**  
Ground Floor, Plas Dinas, Blacon Point Road,  
Blacon, Chester, CH1 5SN Tel: 01244 385035  
Email: [wc-pct.chesterhlc@nhs.net](mailto:wc-pct.chesterhlc@nhs.net)  
Website: [www.lhlc.co.uk](http://www.lhlc.co.uk)



