



# WALKING CONNECTS

## JOIN OUR THURSDAY WALKING GROUP

**We are Living Streets, the UK charity for everyday walking. Our exciting new initiative Walking Connects, funded by the Department for Transport, aims to connect and inspire people aged 50+ to get walking.**

Join us every Thursday at 1.30pm for a 30-35 minute walk at a gentle pace.

The route will cover approximately 1.5 miles, has a couple of slight up-hill gradients and will have many benches along the way.

The walk is aimed at over 50's, but everyone over the age of 18 is welcome. No booking required, just join us on the day!



### MEETING POINT

Every Thursday, 1.30pm at Knypersley Reservoir Car Park, Stoke-on-Trent, ST8 7QX.

Please wear suitable walking shoes and clothing. Bring a flask or there is a café where you can grab a hot drink, there is also toilet facilities near the meeting point. Please arrive 10 minutes before the start time.

**FOR MORE INFORMATION, PLEASE CALL PREET ON 07718 970 820 OR EMAIL [PREET.SANDHU@LIVINGSTREETS.ORG.UK](mailto:PREET.SANDHU@LIVINGSTREETS.ORG.UK).**