



Simply Walk

**Your way to better health,
one step at a time**

Volunteers needed!!

**Would you like to join a gentle walk with other
people in your local area?**

Simply Walk, the local Walking for Health scheme in
Buckinghamshire, is hoping to start a **new walk** in

Little Chalfont

If you'd like to find out more about training to be a
Walk leader / backmarker or for more information on
Simply Walk please contact:

Contact Abi Parveen on **01296 387031**

Email simplywalks@buckscc.gov.uk

Visit www.buckscc.gov.uk/simplywalk

