



GET GOING GEDLING



FREE Health Walk at Gedling Country Park

If you enjoy walking and socialising then why not come along to one of our volunteer-led walks? The walks last around an hour and are suitable for all (e.g. parents with buggies, people with health conditions).

Meet in the main car park at **Gedling Country Park** off Spring Lane, every Wednesday at 10.30am. We also hold walks in Mapperley, Calverton, Netherfield, Carlton, Arnold and Killisick.

Please turn up 10 minutes early for your first walk, as you are required to complete a short health questionnaire. If you would like further information, please contact the community engagement team on **0115 905 1515** or email communityengagement@gedlinghomes.co.uk

