



# FINDING YOUR FEET WALKS



## FREE walks in your neighbourhood

Monday	Coggeshall	1.30-2.30
Monday	Sible Hedingham	10.00-11.30
Wednesday	Shalford	10.00-11.00
Thursday	Braintree	1.30-2.30
Friday	Witham	1.30-2.30
Last Friday in the month-Gosfield		10.30-11.30
3rd Saturday in the month Terling		10.30-11.30

Get healthier, whilst meeting new people and reconnecting with nature

Please contact Jo Bryant for details  
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### Community360

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