

Weekly Lunchtime Walks

“Walk This Way”

with LOL walk leaders & work up
an appetite for lunch

Achieve 25% of your recommended
daily step count in 30 minutes

Mondays:

Wheatsheaf Shopping Centre 12.30pm

Meet at the kiddies ride outside Russells Cafe

Wednesdays:

Rochdale Exchange Shopping Centre 12pm

Meet outside the old Littlewoods store

Free to register and attend,
please complete a health questionnaire
with the walk leader

No need to pre-book - just turn up and
find the walk leader
in a pink sash