


Health walks



Join us for a friendly walk followed by a cuppa and a chat

 **Central Parks Walk and Talk** – Mondays 10.30am,
meet in the Central Library SO14 7LW

 **Southampton Common** – Mondays 10am,
meet at the Hawthorns Centre SO15 7NN


 **Shirley** – Tuesdays 10.30am,
meet at the Shirley Health Centre SO15 3UA

 **Southampton Common Stress Buster** – Tuesdays 2pm,
meet at the Hawthorns Centre SO15 7NN

 **Southampton Common** – Thursdays 10.30am,
meet at the Hawthorns Centre SO15 7NN

 **Riverside Park** – Wednesdays 10.30am,
meet at the first bench by Cobden Bridge SO18 1FZ

 **Weston Lane** – Thursdays 11am,
meet at the Weston Lane Centre for Healthy Living SO19 9GH

 **Southampton Common Sunday Social** – Sundays 2pm,
meet at the Hawthorns Centre SO15 7NN

 Gentle 30 minute walk for all abilities  Mixed pace 30 minute 'Get Fit' walk
 Moderate one hour 'Keep Fit' walk  One hour 'Keep Fit' walk, some rough paths

Want to set up a walking group?
Get in touch to find out about training opportunities!

For up-to-date walks and more information contact us
by email at walking@myjourneysouthampton.com,
call us on 023 8083 4219 or visit our website

Walk times and
locations are subject
to change - stay up
to date at [myjourneysouthampton.com/
events](http://myjourneysouthampton.com/events)

myjourneysouthampton.com



Funded by the Department for Transport

