



# Barts Health Walk

**Tues 17<sup>th</sup> November 11am**

**Fri 11<sup>th</sup> December 2.30pm** (walk plus coffee social)  
and monthly from 2016...

**This walk is for anyone who:**

- **Is having or recovering from cancer treatment**
- **Has a life-limiting health condition or is recovering from surgery**
- **Wants to make friends and meet people who are going through similar things**
- **Wants to get back on their feet and get fit**

**The walk will take approx. 30 minutes and will be conducted by our experienced Walk Leaders at a manageable pace.**

**Meet at the fountain in the central courtyard at Barts.**

If it is your first walk, please arrive 15 minutes early to complete a short health questionnaire – or you can ask Laura Bailey for one in advance.

More info: Alice on [awestlake@ageuklondon.org.uk](mailto:awestlake@ageuklondon.org.uk) or **020 7091 2593**

For general enquiries call the Macmillan Centre: 020 3465 6611