



Boston Community Walks



Come and enjoy a walk and make new friends

All walks are easy walking and offer a 10, 30 or 60-minute walk, your choice

Mondays (excluding Bank Holidays)

10.30am to 12.30pm – The Conservative Club, 16 Main Ridge

1.30pm to 3.30pm – Kirton Town Hall, Station Road

Tuesdays

10am to noon – Boston Stump (Cotton Chapel)

Wednesdays

10am to 12.30pm – Zion Methodist Church, Brothertoft Road

1.30pm to 3.30pm – The Evergreens, School Lane, Butterwick

Thursdays

10am to 12.30pm – Swineshead Church Hall

1.30pm to 3.30pm – St Thomas Church Hall, London Road, Boston

Fridays

10am to 12.30pm – Boston Sports and Social Club, Fishtoft Road

1.30pm to 3.30pm – Old Leake Community Centre, Furlongs Lane

Times advertised include social time after walk.

For more details please contact Rosemary Saunders on 07970630137



A walk for health up to three miles, all welcome whatever your level of fitness. All walks are wheelchair and pushchair friendly and take place no matter what the weather. Refreshments are provided. A donation towards venue hire and refreshments of £1.50 is requested which allows walkers to walk with all nine groups that week should members so wish.



What is a health walk?

A health walk will:

- be short (one to three miles)
- be at a moderate intensity (that is to say, make you breathe a little faster and feel warmer)
- take approximately one hour
- have two trained walk leaders (one at the front, one at the back)
- need no special equipment, so just come along in your trainers or shoes.

Under 18s must be accompanied by a parent/guardian.

Health benefits of walking

- ✓ Walking can prevent and manage heart disease;
- ✓ Walking reduces the risk of having a stroke;
- ✓ Regular exercise can strengthen bones;
- ✓ Exercise can reduce anxiety and depression;
- ✓ Exercise increases feelings of independence and reduces feelings of loneliness;
- ✓ Physical activity can improve balance, co-ordination and joint flexibility.

For further information on the walking scheme please contact Rosemary Saunders on 07970630137.

Para obter mais informações sobre o esquema que anda por favor contate com Rosemary Saunders em 07970630137.

Поскольку дальнейшая информация относительно гуляющей схемы пожалуйста свяжитесь с Франциской Тэйлором на 07970630137.

w celu uzyskania dalszych informacji dotyczących "walking club" numerem prosz o kontakt 2 Rosemary Saunders pod telefonu 07970630137.

For more details please contact Rosemary Saunders on 07970630137