

come and
join us!

Discover more of your local area, meet
new people and enjoy being outdoors



CADAS Health Walk

Every Thursday at 2pm

Walking is one of the best ways to stay healthy. Join our trained walk leader Rob on our weekly walks on **Thursday** afternoons around different routes in Carlisle.

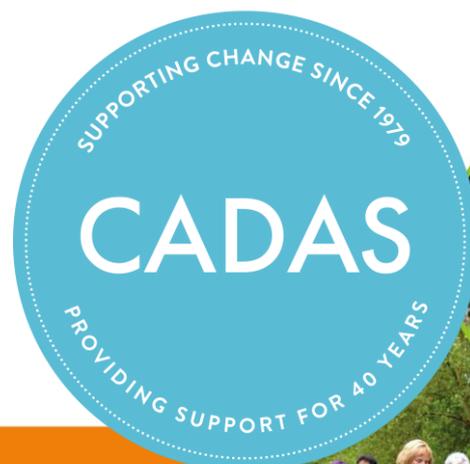
We meet up at 2pm at CADAS, 5 Victoria Place, Carlisle, Cumbria, CA1 1EJ

Contact:

Walk Leader - Rob McGarry

volunteers@cadass.co.uk

0300 111 4002



Supported through funding from players of People's Postcode Lottery