

# best foot forward



**Want to get more active? Then we're here to help!**

Walking is a great way to get fit, explore what's on your doorstep and make new friends.

Join one of our free and friendly short walks today.

## **Cranleigh Walks:**

- **Tuesdays:** at 11am, 30-90 minute walk.
- **Saturdays:** at 11am, 90 minute walk.



**All walks meet at Cranleigh Leisure Centre.**



Visit our website to find out more about your local health walks:  
**walkingforhealth.org.uk**

**WE ARE  
MACMILLAN  
CANCER SUPPORT**



**ramblers**

Supporting you to  
get active and stay active