

WALK PROGRAMME

Meet at 10.15am – walks leave at 10.30am sharp

Wednesday 11th January 2012

Valley Highway to Health

Meet in Valley Leisure Centre Reception

Wednesday 18th January 2012

Victoria Park, Belfast

Meet in car park, entrance via Hollywood Road

Wednesday 25th January 2012

Hazelbank along cycle track towards Belast

Meet at Hazelbank car park

Wednesday 1st February 2012

Whitehead Coastal Path

Meet at harbour car park

Wednesday 8th February 2012

GlasNaBraden Glen

Meet in Valley Leisure Centre Reception

Wednesday 15th February 2012

Mossley Mill to Corrs Corner

Meet at Mossley Mill car park (lots of parking at rear of Mill)

Wednesday 22nd February 2012

Carrick Seafront Walk

Meet in Sainbury's car park

Wednesday 29th February 2012

Antrim Walk

Meet Antrim Forum car park

Wednesday 7th March 2012

Hazelbank to Jordanstown

Meet at Hazelbank car park

Wednesday 14th March 2012

Ormeau Park

Meet in Indoor Tennis Centre car park, Ormeau Embankment

Walkers, please be aware of cyclists when walking on shared paths

Walk More - Feel the Difference

Everyone is welcome to join the walks – just come to the meeting place at the times shown.

Regular walking can:

- Reduce risk of heart disease, obesity, stroke, diabetes, osteoporosis and bowel cancer
- Reduce weight and maintain weight loss
- Reduce blood pressure
- Make you feel good
- Give you more energy
- Help you sleep better
- Help reduce stress
- Provide opportunities to meet people and make new friends

For further information contact:

Lynn Dunwoody, Walk Leader

Email: l.dunwoody@ulster.ac.uk

Walk programmes can be downloaded from
www.newtownabbey.gov.uk/pursuits/walking.asp

**This Walking initiative is supported by
Newtownabbey Borough Council**



get a life  *get active*



Newtownabbey Walking for Health Group

**Jan 12 – Mar 12
Health Walks**



GO WALKING!

**Improve your health and make new friends by participating in short health walks. All walks are led by trained walk leaders and will last approximately 30 minutes to 1½ hours
The walks are free of charge**

