



Walk for Women

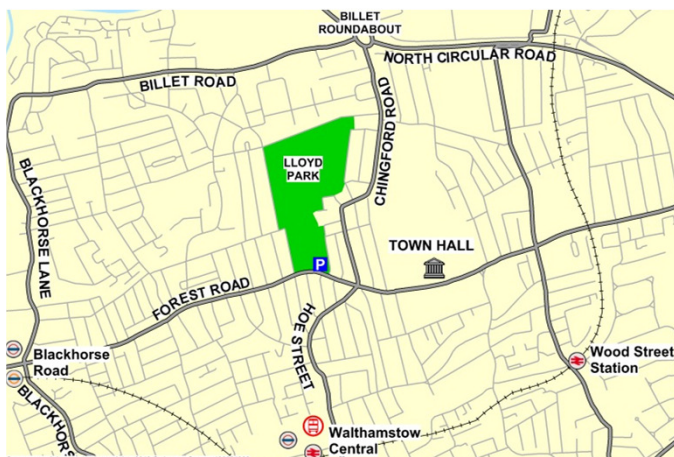
Mondays
10-10.45am
Female leader
FREE

Meet at the **park cafe**
in the **Aveling Centre**
Lloyd Park off Forest Road
Walthamstow E17



Friendly and welcoming atmosphere
Enjoy a women-only activity and meet new people
Improve your health and well-being
Get out of the house and enjoy being outdoors

All abilities welcome Wear sensible clothing and flat shoes
Under 18s must be with an adult * Please contact us if you'd like to
discuss your access needs * Buggies welcome



Find out more
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LOTTERY FUNDED



Waltham Forest