**Need support and and exercise?**

**ONE STOP CENTRE ────**

Armley Library, 2 Stocks Hill, Leeds LS12 1UQ

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Contact Number:

01132484880

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**Walking Group**

**Join the Ladies**

**────**

**Free of charge**

**For all women,**

**────**

**Between 10am –**

**1pm every Monday**

**Between 10am –**

**Monday**

**────**

**10 Weeks starting from 25/02/2019**

ARMLEY LADIES

WALKING GROUP

**MEET UP: ARMLEY**

Welcome, starting on Monday 25th February a walking group has been created for women of all backgrounds. The group will go on walks each week, in different locations around Leeds.

Travel expenses may be covered depending on individual circumstances. Drink and snack’s will also be available.

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