

Improve
your
health



Note:
New walk times
of 12.30pm and
1.30pm!

Fancy a lunchtime walk?

Take a break on Tuesday lunchtimes and join us for FREE 30 minute led walks on the Cambridge Biomedical Campus and surrounding parks

Meet new
people

**Meeting every Tuesday
at 12.30pm and 1.30pm**

Get away
from the
office

**at Reception, near the entrance to the
Concourse**

Walks are at a pace to suit everyone

To find out more, contact Richard Butler (walk leader) email:

richard.butler@addenbrookes.nhs.uk, tel: 01223 216087