

# Health Walks In East Lindsey



## **MONDAY**

**Woodhall Spa** - 9.30am

The Golf Hotel, The Broadway, LN10 6SG

## **WEDNESDAY**

**Coningsby** - 9.30am

Silver Street car park,

Coningsby, LN4 4SG (near Castle Lane entrance)

## **THURSDAY**

**Sutton on Sea** - 2pm

The Beach Bar car park,

Trusthorpe Road, LN12 2ET

## **SUNDAY**

**East Lindsey Heart Support Group Walks** – 11am





The Heart Support Walks take place on Sunday's from different locations in East Lindsey and are supported by qualified Walking for Health walk leaders.

The walks are aimed at heart patients in particular, but everyone is welcome. They are between 1 and 3 miles and many are on flat ground. For details of the current programme please e-mail Carol and Ernie -

E: ewandcw132@aol.com

T: 01507 327084

or visit their website at [www.heartsupportgroup.co.uk](http://www.heartsupportgroup.co.uk).

-  Join our free and friendly short walk
-  At your own pace and suitable for all abilities
-  New Covid safe systems in place
-  Friendship, fresh air and fitness

**For more information contact:**

**T: 01522 544632 E: [healthwalks@lincolnshire.coop](mailto:healthwalks@lincolnshire.coop)**

