

# **WHITEINCH**

## **COMMUNITY HEALTH ACTIVITIES**

**Free**

**The Whiteinch Centre,  
Northinch Court,  
Glasgow G14 0UG**

# **Health Walk**

## **Thursdays**

**11.00am—12.00pm**

**Gentle 1 hour led walk around your local area  
Meet new friends while improving your health  
For 12 weeks**

**Starts 2nd October — 4th December 2014**  
( meet in reception area)

If you would like more information contact  
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or just turn up  
[www.annexecommunities.org.uk](http://www.annexecommunities.org.uk)

