

## LED WALKS IN MANCHESTER – September 2009

LOCALITY IN THE CITY	WHERE THE GROUP MEETS	DAY/TIME	ADDITIONAL INFORMATION	CONDITIONS FOR JOINING/additional info
Central	<b>Alexandra Park</b> – Meet at Claremont Road Gate.	Every Thursday 11.30 – 12.30pm.	Short walks for 1 hour  Contact: Community Health Trainers (Central Team) Windrush Millennium. T: 0161 636 7513/7514 Free Phone: 0800 093 4018	Free – there are no conditions for joining
Central	<b>Alexandra Park</b> , Meet at Claremont Rd gate entrance.	Every Wednesday 1.30-2.30pm	Short walks for 1 hour  Contact: Park wardens T: 0161 226 3117	Free – there are no conditions for joining
Central	<b>Crowcroft Park</b> , Longsight	Wednesdays 10am.	Walk and/or Cycle. Women Only. Contact: PACE team, Newton Heath Health Centre Tel 0161 - 681 0940	
Central	<b>Platt fields Park</b> – Meet at Lakeside Centre	Every Monday 1-2pm	Short walks for 1 hour  Contact: Ria Page T: 0161 224 2902	Free – there are no conditions for joining

Central	Meet at <b>Levenshulme</b> Library	Mondays 12.30	Contact: PACE team, Newton Heath Health Centre Tel 0161 - 681 0940	Free – there are no conditions for joining
Central	<b>Debdale Park</b> – Meet at Gorton Library	Every Thursday 10.15am – 11.30am	Short Walks approx. 1 hour  Contact: Jackie Mitchell Levenshulme Health Centre T: 0161 861 2333 M:078541829285	Free – there are no conditions for joining
Central	<b>Gorton</b> – Meet at Gorton Library.	Tuesdays 18.00pm	Walk A Way walking group Contact the library on 0161 223 0775	Free – there are no conditions for joining
Central	<b>Debdale Park</b> – the Aviary	Tuesday 10.30	Contact: PACE team, Newton Heath Health Centre Tel 0161 - 681 0940	Free – there are no conditions for joining