

WALK PROGRAMME

Meet at 10.15am – walks leave at 10.30am sharp

Walkers – Please be aware of cyclists when walking on shared paths

Thursday 18th August 2022

Valley Park

Meet in Valley Leisure Centre car park

Thursday 25th August 2022

Mossley Mill to Corrs

Meet in Mossley Mill, bottom car park

Thursday 1st September 2022

Carrick Waterfront

Meet in Sainsbury's car park

Thursday 8th September 2022

Hazelbank

Meet in Hazelbank car park

Thursday 15th September 2022

Glas Na Bradan

Meet in Valley Leisure Centre car park

Thursday 22nd September 2022

Newtownabbey Way

Meet in Playing Fields car park, Doagh Road

Thursday 29th September 2022

Sixmilewater Park

Meet in Ballyclare Leisure Centre car Park

Thursday 6th October 2022

Monkstown to Whiteabbey

Meet in car park, just on left passed Cashel Drive shops

Thursday 13th October 2022

Hazelbank

Meet in Hazelbank car park

Thursday 20th October 2022

Carrick

Meet Carrick Leisure Centre car park

Walk More - Feel the Difference

Everyone is welcome to join the walks – just come to the meeting place at the times shown.

Regular walking can:

- Reduce risk of heart disease, obesity, stroke, diabetes, osteoporosis and bowel cancer
- Reduce weight and maintain weight loss
- Reduce blood pressure
- Make you feel good
- Give you more energy
- Help you sleep better
- Help reduce stress
- Provide opportunities to meet people and make new friends

For further information contact:

Lynn Dunwoody, Walk Leader
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get a life  get active

Newtownabbey Walking for Health Group

18th Aug – 20th Oct '22
Thursday Health
Walks



GO WALKING!

Improve your health and make new friends by participating in short health walks. All walks are led by trained walk leaders and will last approximately 30 minutes to 1½ hours
The walks are free of charge

