



Get Moving!

A fun gentle walking group for all ages and abilities.
Come along and make new friends from your local
community, have fun and get active!

Sunday September 7th 2014
10am—12 noon

Meeting at Martello Coach and Car Park, West Road, Clacton CO15 1BN

A FREE WAY TO INCREASE YOUR PHYSICAL ACTIVITY!



27/08/2014



**Community
Voluntary
Services
Tendring**

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