

North Edinburgh BME Walking Group

Walking is an ideal activity for people because it is free and requires no special equipment. It involves social contact and support and it can easily be incorporated into our daily lives. Walking is a great way to make new friends and at the same time feel healthy in body, soul and mind

Please come along and join our new Walking Group

Walks planned for March 2011

Saturday 5th March:	Hollyrood Park
Monday 7th March:	Water of Leith
Monday 14th March:	Cammo Estate
Sunday 20th March:	Pentland Hills
Saturday 26th March:	Dollar Glen

Meet 10.30am at CORE office (Inchgarvie Court, Ferry Road Drive, EH4 4DA)

Unless otherwise specified, please bring waterproof clothing and walking boots or heavy shoes.

Light lunch will be provided

For more information, or to register, please contact Adil Ibrahim on 0131 467 7990 or email adil@coregb.org.uk

Community Organisation for Race Equality

