

**FUN FREE 4-WEEK WALKING GROUP FOR MEN**

**WALK WITH US!**



**Friday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> January 2018**

**11am – 1pm**

The meeting point will be at  
**Al-Manaar Muslim Cultural Heritage Centre,**  
224 Acklam Road W10 5YG

**Walking is one of the simplest and easiest ways to get more active,  
lose weight and become healthier!**

**Come and enjoy visiting interesting places whilst gaining the  
benefits of walking as well as make new friends.**

**For more information and to register for this activity  
please contact Davendra on 020 8969 6300 / [davendra@dalgarnotrust.org.uk](mailto:davendra@dalgarnotrust.org.uk)**



**Al-Manaar Muslim  
Cultural Heritage Centre**

**HEALTHWORKS✓**  
*Love Life, Live Longer*



 **THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA**