

  

**“Staff Walking Group”**

**Tuesdays at 12.10pm**

The walks, led by qualified Hope staff walking leaders, will be approximately 2 miles and should take around 40 minutes. We will walk in most weather conditions (but may cancel at short notice if things get really bad!) so please make sure you wear appropriate footwear and a waterproof coat.

Meet in the foyer of the Sports Complex for a 12.10pm prompt start.

If you are interested in joining this group or want more information, email Theresa Lewin at [lewint@hope.ac.uk](mailto:lewint@hope.ac.uk)