

# WALKING FOR **HEALTH** 2023

EAST RIDING

New Walk  
for 2023!



## The Wellbeing Hub, Hessle Country Park

Ferriby Road, Hessle, HU13 0HX

EAST RIDING  
Health and  
Wellbeing

1 Hour walk  
Starting Friday 17<sup>th</sup> March  
Every Friday (except bank holidays) until 26<sup>th</sup> June 2023  
Time: 10.30am  
(Please note some walks may include steps and slight inclines)



Come and join in with our **fun, friendly** and **informal** short walks.  
There's no better way to discover the East Riding of Yorkshire!

For more information, please contact Sue Smethurst  
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