

Health & Wellbeing *for you*

walk 4 life



What: **3 mile and 1 mile walk**
All welcome!

Where: **Victoria Embankment**

When: **Sunday 26th of September,**
starts at 11.00am

Extra info:
Contact Q Active on 64771 or
writeto@qactive.co.uk



change
4 life

Eat well Move more Live longer

Change4Life is a nationwide movement which aims to help us all, but especially our kids, eat well, move more and live longer.

🔍 Search for Change4Life or call 📞 0300 123 4567*

*Calls to our numbers should cost no more than your phone or so calls, and may be part of inclusive minutes subject to your provider and our call package, with some restrictions apply. © 2014 Q Active.