



Sussex Community  
Development Association

## Health & Well-being

Come and join us for  
a **free, sociable walk.**



on: **Every 3<sup>rd</sup> Friday of  
the month** (starting 21<sup>st</sup> April)

**10am**

at: **Gildredge Park Café, (near the tennis  
courts) Manor Gardens, Eastbourne.**

**Please wear appropriate clothing and footwear.**

No need to book – just turn up.

**01323 735100**

**[eastbournehealthchampions@sussexcommunity.org.uk](mailto:eastbournehealthchampions@sussexcommunity.org.uk)**

