

# Kensington Walk 'n' Talk

“One step at a time is good walking”

Old Chinese  
proverb!



**Walk 'n' talk** is a friendly group, meeting for a gentle circular amble for an hour.

Accessible to all.

Meet new friends and have a chat.

**Dates:** 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month.

**Time:** 10:30am

Meet at Kensington Car Park to start the walk. Booking not necessary.

