

TCV presents.....

FREE
NEW
‘Walk To Fitness’

**Weekly Walking Group
(Every Thurs)**

go at your own pace



**Southwick
Green**

BN42 4FX



LAUNCH

**Thursday 16th January
2020**

At

2.15pm-3pm



To Book Contact

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donna.martin@tcv.org.uk



**ADUR & WORTHING
COUNCILS**



growingcommunities.tcv.org.uk