

Join us for a  
**WALK IN THE PARK**

FREE ACTIVITY SESSIONS FOR ALL ABILITIES

Rainham Rec Tues 10.30am  
from 3<sup>rd</sup> May ME8 7PR

Wainscott, Choir Close Weds  
10am from 4th May ME3 8FP

High Halstow Sports Field at  
10am from Friday 6th May  
ME3 8SQ



Try out the  
Outdoor Gym  
Equipment

GET FIT  
AND  
HAVE FUN

MEET  
NEW  
FRIENDS

GO AT YOUR  
PACE, YOUR  
WAY

CALL 01634 333720 TO BOOK YOUR SPACE