



**Ramblers –
Come and walk with us...**

**Sunday the 17th July @
9.30am**

**Starts from our Surgery, 3-7
Welbeck Road, HA2 0RQ**

**Dr. Merali and our fantastic walk leaders
will walk you through the West Harrow
Park. Come and join our friendly
walking group, enjoy the relaxing
environment and have fun.**

Completely *free* to attend, just turn up!

For information on other weekly walks...

Visit: www.harrowhealthwalks.org

