

# HORSHAM AREA WORKPLACES

Enjoy a **FREE** regular guided walk,  
tailor-made to your requirements

When - you choose: before work,  
at lunch time or after work

Duration - whatever suits you  
between 30 and 60 minutes

Numbers - minimum of two people  
up to a maximum of 12 per walk

**GUIDED  
WALKS  
OFFER**

**All physical  
activity helps  
to promote a  
healthy body  
and mind  
and  
encourages  
a more  
productive  
workforce.**



To arrange a guided walk for you and your colleagues  
or for more information please contact Jill Shuker

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