

Walking Event

Find out more about the health benefits of walking and what we are doing to support walking in the workplace.

Come along to our Walking Event to find out more:

Wednesday 9 September 11:30 – 14:00

University Place, University of Manchester

TfGM Travel Advisors and Living Streets will be on hand to:

- Provide travel advice on walk routes and journey planning
- Advise on how walking can benefit your health and wellbeing
- Offer free goodies to those interested in walking

As part of this event we are holding two led walks, so if you feel like burning some calories and getting a feel for the local area, we will be leaving from **University Place at 12:15 and 13:00.**

The walks will take about 35 – 45 minutes.



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Find out more at www.tfgm.com/walking or contact es@manchester.ac.uk