

Kinross - Stride for Life

Every Monday

Meet 2pm at the Day Centre

A short led walk around the town or on the Heritage Trail lasting between 30-60 minutes depending on ability

Always finishes with a cuppa/biscuit and a chat afterwards (50p donation)

Please wear comfortable shoes and clothing appropriate for the weather

Further information from:

Colin Melville

Wellbeing Officer

Stride for Life

Live Active Leisure

Company Head Office

Caledonia House

Hay Street

PERTH

PH1 5HS

Tel: 01738 454628

Fax: 01738 627191

Mob:07825 906568