



LIVING

STREETS



# WALKING WORKS THIS MONTH WE ARE...

## Encouraging walking meeting

Taking part in #Try20 and encouraging everyone to fit 20 minutes of walking into their day.



When we refer to 'walking', we include people walking with the use of mobility aids, including wheelchairs.



## JOIN IN!

We are living streets, the uk charity for everyday walking. Discover more about our work at [livingstreets.org.uk](http://livingstreets.org.uk)

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