



London Borough  
of Hounslow

# Track Walking

at

## Osterley Sports and Athletics Centre

Would you like to start exercising again? Come along to our brand new track walking session.

- Walk at your own pace
- Measure how far you walk each week
- Meet new people
- Walk with your friends, family or even work mates
- Reduce your stress by talking and walking
- Enjoy walking on a safe, even surface
- No traffic so continuous uninterrupted walking

This walk is suitable for wheelchairs, wheeled walking aids and pushchairs.

**Every Wednesday**

**6pm to 7pm**

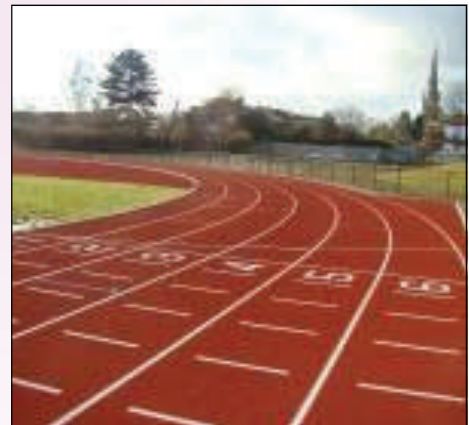
Osterley Sports and Athletics Centre  
120 Wood Lane  
Isleworth  
TW7 5FF

**£1.50 per session**

For more information contact Jagjit Brar

Tel: 020 8583 3327

Email: [walks@hounslow.gov.uk](mailto:walks@hounslow.gov.uk)



Remember to wear comfortable clothing and footwear and a waterproof just in case it rains!