

# Getting healthy...it's as easy as a walk in the park

**Come and join us for 8 weeks of park walking with our Easy Steps Health Walks**

Our Easy Steps walks are short organised walks, lead by trained volunteers, that aim to get you up and active.

Being physically active, through regular walking, can significantly improve your physical and mental wellbeing whilst reducing your risk of developing long term health conditions.



**If you're over 50 then come along and walk yourself to better health and wellbeing at;**

## St Margaret's Park

Corstorphine High Street  
EH12 7SX

Starting from the 12th of  
May

Day: Mondays

Start time: 11.00 am

Meeting Point: Gate on  
corner of Corstorphine  
High Street

## Victoria Park

Newhaven Road  
EH6 5PY

Starting from the 15th of  
May

Day: Fridays

Start time: 11.00 am

Meeting Point: Edward VII  
Memorial, Newhaven Rd  
side

For more information contact the Ageing Well office on 0131 458 2183 or via [ageingwell@edinburghleisure.co.uk](mailto:ageingwell@edinburghleisure.co.uk)

## Why Walking?

**It's free, It's flat, It's social, It's fun**