

HOW ARE **YOU**?

ONE YOU advisors can help you to:

- Lose weight
- Move more
- Be smoke free
- Drink less
- Improve mental health
- Get housing, debt & employment advice

To find an advisor near you and make a one to one appointment, please call 0300 020 0636.

Search for **ONE YOU** online and take the free health quiz to see how you score.

 www.oneyoukent.org.uk



HOW **YOU** CAN GET INVOLVED

No booking necessary. Come along **10 minutes** early to register.

Outdoor clothing and footwear is advisable.

Please note: some walks require change for parking.

WANT TO BE A **VOLUNTEER**?

Interested in becoming a volunteer walk leader and receiving free training? Please contact Tonbridge & Malling Borough Council Healthy Living Team using the contact details found on the front of the leaflet.

“The Walks are friendly and informal, of various lengths with the emphasis on enjoyment and socialising as much as improving health”

Rowland, Walk Leader

“Walking has played a huge part in helping me discover just how good life can be”

Tony, Walker

“Having retired, volunteering as a walk leader has given me a new purpose in life and with the council's support I set up a new walk in my local community”

Alex, Walk Leader

HEALTH WALKS IN TONBRIDGE & MALLING 2019

 01732 876347

 healthy.living@tmbc.gov.uk

 www.walkingforhealth.org.uk



Tonbridge & Malling Health Walks are free, fun and friendly—perfect to help you get active, meet new people and improve mental health and well being.

PLATT WALK

Where: **St Marys Platt Church
Long Mill Lane
TN15 8NE**

When: **Every Monday**
Walk starts: 10am outside the church
Walk lasts: 60-90 minutes
Walk may include hills

HILDENBOROUGH WALK

Where: **Recreational Ground
TN11 9HY**

When: **Every Monday**
Walk starts: 10am from car park
Walk lasts: 60-90 minutes
Walk may include stiles

LEYBOURNE WALK

Where: **Leybourne Lakes
Country Park
ME20 6AA**

When: **Every Tuesday**
Walk starts: 10am main car park
Walk lasts: 60-90 minutes or a 30 minute walk available

TONBRIDGE WALK

Where: **Tonbridge Pool
TN9 1HR**

When: **Every Wednesday**
Walk starts: 10:15am from main entrance
Walk lasts: 30 minutes

TONBRIDGE WALK

Where: **Tonbridge Pool
TN9 1HR**

When: **Every Wednesday**
Walk starts: 11am from main entrance
Walk lasts: 60-90 minutes
Walk may include stiles

LEYBOURNE WALK

Where: **Leybourne Lakes
Country Park
ME20 6AA**

When: **Every Thursday**
Walk starts: 10am from the main car park
Walk lasts: 60 minutes or a 30 minute walk available

HADLOW WALK

Where: **Hadlow Square
TN11 0DA**

When: **Every Thursday**
Walk starts: 10:30am opposite the pharmacy
Walk lasts: 60-90 minutes
Walk may include stiles

SNODLAND WALK

Where: **Snodland Medical
Practice Catts Alley
ME6 5SN**

When: **Every Thursday**
Walk starts: 11:30am outside the medical practice
Walk lasts: 45-60 minutes

EAST MALLING WALK

Where: **East Malling Centre
ME19 6SD**

When: **Every Friday**
Walk starts: 11:15am from the centre café
Walk lasts: 45-60 minutes