

Meet Up and Health Walk



Want to improve your health & meet other people?

IMPACT Meet Ups give you the opportunity to do both. Meet new people, find out what activities are happening in your local area and then join the SMBC Health Walk around your local community. A great way to get fit, have a chat and see the green space in your local community (please wear comfy footwear and bring waterproofs).

When: Tuesday 4th August
Where: Cheadle Library,
Ashfield Rd
Cheadle
Stockport,
SK7 2DT
Time: 10am
Cost: FREE

IMPACT is based at Stockport Community and Voluntary Services and funded by the PCT/NHS. IMPACT organises health activities for the community and offers small grants for community and voluntary groups to set up their own health project or activity.

Before the walk you will get the chance to find out more about IMPACT, meet new people and find out what is happening in your local community. Everyone is welcome to the IMPACT meet up. For more information contact

0161 477 0246 or
alice@stockportcvs.co.uk

