

# Step Out Sheffield



## Free health walks in the Gleadless/Newfield Green area every Wednesday

Meet at the bus stop for Gleadless Medical Centre,  
Newfield Green in time to start walking at 12.30.  
Socialise afterwards in the community centre.

Our walks, which suit all levels of ability, are a fantastic way to get fit and de-  
stress while enjoying fresh-air and good company.

For more information about Step Out Sheffield and all of our free walks  
[www.StepOutSheffield.org](http://www.StepOutSheffield.org) or call our help line on 07505639524



Step Out Sheffield is one of over 400  
Ramblers: Walking for Health schemes  
across the country. Our volunteer led scheme  
has provided health walks in Sheffield for over 20 years.



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