

Step Out Sheffield



Free health walks in Graves Park every Monday and Friday

Mondays: - meet outside the Rose Garden
café in time to start walking at 10am

Fridays: - meet in the foyer, Graves Sports
& Leisure Centre in time to start walking
at 10.30 am

**Our walks are a fantastic way to get fit and de-stress while enjoying fresh-air
and great company.**

**For more information about Step Out Sheffield and all of our free walks
www.StepOutSheffield.org or call our help line on 07505639524**



Step Out Sheffield is one of over 400
Rambles: 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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