



# Walking Group: Getting active. Enjoying life...

## Key information:

- Cardiff Metropolitan University research study
- Bryngawr Country Park (CF32 8UU)
- For military veterans with a physical injury
- Free lunch and parking for veterans
- All abilities welcome
- Interact with like-minded individuals
- 8 x 2-hour weekly walks starting April 9th
- Partners, friends and pets welcome



## Incentives include:

- Free lunch - Cedars Tea Room
- Enrichment activities
- Free fitness evaluation



PROUDLY SUPPORTING

**HELP for  
HEROES**

Interested...? Please contact Robert Walker for information

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