

## WALKING GROUP

Hello to all our exercise lovers! We are told that we should spend 30 minutes daily on exercise. So, it is great to see so many Members come out on a Monday morning to get their 30 minutes' worth! Eddie Lee and his troops organise a different walk each week - **3<sup>rd</sup> September, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> - 9.00am Club Marion**