

# walk 4 life



## What:

Join the Ramblers on a 1 mile televised walk to celebrate Sheffield's Walk4Life Day

## Where:

Meet at First Start Building, Firth Park, Sheffield, S5 6HH

## When:

11am Sunday 25 September

## Extra info:

Explore Firth Park's new art pieces and wetland area with special guests and speakers!

More info: [www.ramblers.org.uk/walk4life](http://www.ramblers.org.uk/walk4life)



change



# 4 life

Eat well Move more Live longer

Change4Life is a nationwide movement which aims to help us all, but especially our kids, eat well, move more and live longer.

Search for Change4Life or call 0300 123 4567\*

\*Calls to 03 numbers should cost no more than geographic 01 or 02 calls, and may be part of inclusive min rates subject to your provider and your call package. We're open from 9am to 8pm, 7 days a week.