

**FREE**



# SoleSistas

**Social walks for pre and post-natal women**

**Wednesday's 10am – 11am**

Meeting point – Plaistow Park, E13 (near the swings in the playground area)

**Saturday's 10:15am – 11:15am (Beginning 23<sup>rd</sup> July)**

Meeting point – Beckton, Greenway entrance (High Street South)

**All Participants Receive A Free T-shirt**

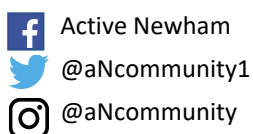
***\*YOU MUST BOOK TO JOIN THE WALKING GROUP\****

## CONTACT/ BOOKING INFORMATION

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Link to register - <https://tinyurl.com/SoleSistas22>

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