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# Health Walk

Join us on our free weekly walk along the beautiful Grand Union Canal to improve your health and make friends!

**Every Thursday**

**11am-12 midday**

**Meet in the Stowe Centre Reception**

**(258 Harrow Road, W2 5ES)**

Join us as the centre for a hot drink and a chat afterwards



Call Carolyn on 0207 266 8254 for more information



[www.pdt.org.uk](http://www.pdt.org.uk)

[www.communitychampionsuk.org](http://www.communitychampionsuk.org)