



for healthier living

Middlesbrough
Primary Care Trust



On the move Lunchtime walks

Sitting all day at home or work? Why not join Life Store staff and get active at lunchtime?

Bring some comfortable shoes for a stroll around Middlesbrough and collect points to win a healthy prize.

**Walks leave Life Store every Tuesday at 12.30pm
from 30th May.**

Walks last approximately 45 minutes.

*For more information contact Life Store on
01642 737884.*

