



Any exercise is known to have huge positive effects on physical and mental health, so start to make changes to your life by meeting for a weekly one hour walk at the Millennium Bridge in Lancaster!

Every Tuesday at 11am starting July 12, 2022

Meet on the Lancaster side of the Millennium Bridge

As well as the walk we offer a short discussion on a health-related topic. For the rest of the hour, you can enjoy chatting with the walk leaders and other walkers.

**[Click here](#) or visit [Lancaster, UK \(walkwithadoc.org\)](http://Lancaster, UK (walkwithadoc.org))
to sign the waiver before your 1st walk.**

Our chapter number is 14235

Walk with a Doc was originally started to get people moving, but we've seen over the years that the benefits of the program far exceed a simple walk! The power of physical activity, health education, social connection, and spending time in nature are an all-in-one prescription for a healthy life, we look forward to meeting and walking with you!

