

## SILVER STEPPERS

**A new walking group for older people in EC1 & N1**



**Boost your health and wellbeing this summer with the Building Exploratory's new walking group. The Silver Steppers will set out from EC1 and N1 for easy paced guided walks to explore the local area.**

Each walk will last an hour and a half with regular comfort breaks and opportunities to take in buildings and places of interest along the way.

We will begin with tea and coffee, starting and finishing at our meeting points.

**Come along to meet people and discover new stories about local buildings both old and new!**

### TIMINGS

Meet at 10.30am & Walk from 11.00am - 12.30pm

### DATES & MEETING POINTS

**4 May, 1st June, 29th June** - Coffee Junction café, 42 Provost Street, N1 7SU

**18 May, 15th June, 6th July** - Ironmonger Row Baths, 1 Norman Street, EC1V 3AA

For more information, please contact **Karen Elmes** on  
**020 7608 0775**

or email: [karen@buildingexploratory.org.uk](mailto:karen@buildingexploratory.org.uk)

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through



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