



**DOUGLAS
EYRE
SPORTS
CENTRE
COPPERMILL LANE**

**USE THE GREEN HEARTS PATH AROUND OUR PLAYING
FIELD TO HELP YOU LIVE A HEALTHIER LIFE**

All ages and abilities are welcome. You can walk, jog or run around the path at your own pace and keep track of the distance you cover using the quarter mile markers

The ground is open each day from 9.00am—5.00pm. Feel free to drop in after the school run or during the day to use the path to exercise in this safe, quiet, green space

You don't need any special clothing or footwear to take part and all Green Hearts activities are FREE!

If you need some support and guidance to get you started then join one of our weekly group sessions led by an Activator

Just complete a registration form, collect your joining pack and you are ready to go

**For further information call us on 0207
323 0331, email greenhearts@lpff.org.uk
or visit www.lpff.org.uk**

We look forward to seeing you soon!

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