

MSK
MUSCULOSKELETAL
community projects

WALK
1,000,000
STEPS
4MSK
PAIN RELIEF

CLASH

COMMUNITY LEICESTER
ARTHRITIS SELF HELP 2012

your local arthritis support group

JOIN OUR MILLION STEPS 4MSK PAIN RELIEF!

WALK TO BETTER HEALTH



Walking is an excellent form of exercise that can help you stay healthy, control your weight and control stress.



Walking is safe and beneficial for people with aches, pains and MSK conditions such as arthritis. So even if you have not exercised in a long time due to pain, stiffness or just feeling like you can't do it, walking may be the answer for you!



Collect a Million Steps Challenge health information pack and receive a **FREE** pedometer.



SIGN UP TODAY
www.clashgroup.org.uk

KINDLY SUPPORTED BY NEXT PLC. COMMUNITY

You can also support CLASH 2012 by donating to:
Localgiving: www.localgiving.com/charity/clash2012
Registered charity no. 1151899

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