

Memory Walk

Take part in the Tilgate Park
Memory Walks on 21 October and
join our fight against dementia.

Why not join us for a one mile walk around Tilgate Lake?

Or if you fancy walking a little further, why not join us for
our 60-minute walk around the beautiful park itself?

Both walks start at 11am.

To find out how to register for this event,
contact your local Memory Walk team
on 01293 585350 or email
sportsdevelopment@crawley.gov.uk

In aid of
**Alzheimer's
Society** | Leading the
fight against
dementia



crawley wellbeing

