



# Free Ranger Walk

As part of Self-Care Week 2015 why not come along and keep yourself fit with our Free Ranger Walk led by the Rangers of Lily Hill Park. This will be a gentle hour-long group stroll through beautiful surroundings.

**Friday, 20th November 2015, 14:00-15:00**

**Meet at the main public car park of Lily Hill Park at 14:00**

**Lily Hill Road, Bracknell, RG12 2RX, (north of the park)**

Email [ASCHH.CommissioningTeam@bracknell-forest.gov.uk](mailto:ASCHH.CommissioningTeam@bracknell-forest.gov.uk) for more information or just turn up on the day!

Self-Care means keeping fit and healthy and looking after your mental wellbeing, as well as knowing how to take medicines, treat minor ailments and seek help when you need it. If you have a long term condition, Self-Care is about understanding that condition and how to live with it.



**NHS**

**Bracknell and Ascot  
Clinical Commissioning Group**



To see more of what's going on for Self-Care Week 2015 visit [www.bracknell-forest.gov.uk/selfcare](http://www.bracknell-forest.gov.uk/selfcare)