

join us for a...

Sunday 19th September 2010

Plod along the prom

a sponsored walk from Bournemouth Pier Approach

When? Sunday 19th September 2010 starting at 9am

Where? Starting at Bournemouth Pier Approach

Why? To raise money for Age Concern Bournemouth

Come rain or shine, our aim is collectively to walk a total of 2,500 miles. Every mile you walk will raise money for Age Concern Bournemouth and support the services we provide for older people in Bournemouth and the surrounding communities. Ageing is a part of life and we believe that later life should be fulfilling and enjoyable, enabling people to live independent lives.

There are 4 routes to suit all abilities:

1. Pier to Durley Chine (and back) = 1 mile
2. Pier to Alum Chine (and back) = 2 miles
3. Pier to Branksome Chine (and back) = 3 miles
4. Pier to Sandbanks (and back) = 6 miles

(distances rounded to nearest mile)

Come and join us. Every step counts!

Help us
to walk
2,500 miles!

AGE
Concern

Bournemouth

Celebrating our 25th anniversary

For more details call us on 01202 530530 or
visit www.ageconcernbournemouth.org.uk

Registered Charity No. 1113294 Company No. 5401464 Registered Office: 700 Wimborne Road, Bournemouth BH9 2EG