



Bicester Town Centre Discovery Walk

Show your support for the NHS by joining a lunchtime walk on 5th July, the NHS's 70th Birthday

Join Healthy Bicester and Mayor Sean Gaul in celebrating the NHS's 70th Birthday with the launch of the new Bicester Discovery Walk.

Thursday 5th July 12.30pm starting at the sheep in Sheep Street

Stalls on the day will offer information about how to stay healthy in your town and offer a chance to celebrate the great achievements of 70 years of the NHS.

Residents and staff from local businesses are invited to join the Mayor and Bicester Ramblers to launch the Discovery Walk with an inaugural lap of the route at 12.30pm.

Even ten minutes of brisk walking can help give you a boost, physically and mentally so this 15-20 minute Discovery Walk is ideal for a lunch-time. Discover a life away from your desk, chat with a friend or just soak up the green calm of Garth Park.

What's on offer:

- Pulse-raising walk
- Opportunities for businesses to network and encourage their staff to enjoy the town and keep fit and healthy
- Show your business' support for the NHS with a selfie for social media
- Stalls with health advice and freebies

