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WALKERS put their best feet forward last Monday when they took part in a health stroll at Blackley Forest.

The regular events, organised by Zest, are an ideal way to burn off some extra

calories while enjoying the beauty of the woodland.

But it's not just about getting fit - the trained walk leaders also take the strollers on a mini adventure, sharing their wealth of knowledge about the forest's wildlife.

Future walks are set to take place on the second Monday in each month and are open to all.

For further details phone Elaine from Zest on 0161 277 8817.

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