

# Laindon Buggy Walk

6 Free Sessions per person  
every Thursday for 1 hour

Meeting points:

🛒 9.15am – Laindon Health Centre,  
SS15 5TR

🛒 9.30am – Drake Road Car Park,  
SS15 5UH

Text Caroline for more info or to be  
included in whatsapp group:

07763 848 468 / [fightclubbasildon@gmail.com](mailto:fightclubbasildon@gmail.com)

