

nct
Walk&Talk



NCT Harrow Walk and Talk
Headstone Manor Park
First Thursday of every
month

- * *Free gentle exercise and fresh air* * *Meet other parents* *
- * *Grab a coffee* * *Feed the ducks* * *Visit the playground* *
- * *Suitable for parents with babies and toddlers* *
- * *Free parking* *



Meet by the Moat Café at 10am,
or register to receive updates at

www.nct.org.uk/harrow