




 <p><b>Healthy Cornwall</b></p>	<p>Learning Disability &amp; Autism Team</p>																																																	
	<p>It is... National Walking Month</p>																																																	
<p><b>MAY 2020</b></p> <table border="1" data-bbox="253 801 724 1032"> <thead> <tr> <th>SUN</th> <th>MON</th> <th>TUE</th> <th>WED</th> <th>THU</th> <th>FRI</th> <th>SAT</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> <tr> <td>31</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	SUN	MON	TUE	WED	THU	FRI	SAT						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p>May 1<sup>st</sup> to May 31<sup>st</sup> 2020</p>
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	<p>Walking is great for our Wellbeing</p>																																																	
<p><b>STAY 2 METRES</b></p>  <p><b>APART</b></p>	<p>Try to stay 2 metres apart if you can...</p>																																																	
 <p><a href="mailto:steve.hillman@cornwall.gov.uk">steve.hillman@cornwall.gov.uk</a></p>	<p>Email a 30 second clip of your walk.</p> <p>We will use it to make a video for our website.</p>																																																	

**Stay Alert & Stay Safe**