



**Oxford
Pedestrians
Association**

**Annual General Meeting
Tuesday 28th October
Oxford Town Hall
7pm in the Plowman Room**

**Come and hear guest speaker
Professor Sir Muir Gray**

who will describe how to fit more walking into our daily lives, and how **10000 steps a day** can improve your health, build stamina and burn excess calories

Elect your management committee – perhaps offer help. Meet old friends and even make a few new ones – express your views about what you would like OxPA to achieve in the year ahead.

www.oxpa.org.uk