

Walking for Wellbeing

A FREE six week programme to support your wellbeing and feel more connected

Five weekly walks and activities to help you explore how the Five Ways to Wellbeing can support your mental health

- Relaxed and gentle structured walks (up to 1 hour)
- End at a café, and enjoy optional free refreshments
- A final session to reflect and consider next steps to apply what you've learned
- Individual needs can be discussed before starting

Where? Preston Park and Brighton Seafront

When? 11.30am every Tuesday, from 12th May to 16th June



Funded by Marcus Movers

To find out more, contact us:

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