



FREE!

Wellbeing Walk for Mental Wellbeing




Attendee Sign-Up

Time Every Tuesday at 2 to 3PM

Venue Meet outside Finchampstead Baptist Church, RG40 4ES.
The walk will go into California Country Park. .

Description Fun, relaxed walking group for people experiencing mental health problems. Lasting up to 60 minutes depending on the energy of the group, with our lovely walk leader Sree! Please bring a bottle of water & raincoat just in case. Free hot drink after the walk, sponsored by Wates Residential!

This group is provided FREE by mental health charity Sport In Mind for the benefit of local people. Your local representative is Kirsty

   @sportinmind  info@sportinmind.org  www.sportinmind.org  07788993516

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