

# Wellbeing Walks



Join us for some fresh air and a chat on one of our 'Wellbeing Walks'

**When:** Wednesdays at 9.30am

**Where:** Meet at The Venue, Lache Community Centre, Hawthorn Road

Walks will be a gentle pace and approximately 45 minutes long around Lache.

**\*Booking is essential\***

Please contact Sian to reserve a space on:

07436 854 181

or email:

[sian@cwtogether.org.uk](mailto:sian@cwtogether.org.uk)

