

WALK YOUR WAY TO A HEALTHIER LIFE

SHORT, FREE AND FRIENDLY WELLBEING WALKS

EVERYONE WELCOME

COME AND JOIN US AT PICKERING METHODIST CHURCH EVERY THURSDAY
9:45am – 12pm ish! :)



FUN, FRESH AIR & FRIENDS

RELIEVES STRESS, ANXIETY AND LONELINESS

IMPROVES MENTAL HEALTH



OUR WALKS ARE GENTLE AND SUPPORTIVE

PLEASE REMEMBER APPROPRIATE FOOTWEAR

DOGS WELCOME



VISIT OUR FACEBOOK PAGE TO SEE OUR LATEST ADVENTURES:

Next Steps

