

WEEKLY WELLBEING WALK

HEALTHBOX
COMMUNITY WELLBEING SERVICES

RURAL
ALLIANCE

NHS
Providing NHS services

ramblers
at the heart of walking

walking
for health

TARPORLEY

Do you want to get out a bit more?

Perhaps you'd like to meet other people?

Maybe you want to increase your steps?



Join us for our Weekly Wellbeing Walk in Tarporley

We all know that getting out for a walk is good for us; it can help our heart stay healthy, it can help lift our mood, it can help us improve our fitness and activity levels and walking in a group can help us connect with others.

WHEN?

Every Monday, 9.30am - 10.30am

FREE

WHERE?

Meet on the grass area behind Tarporley Community Centre

WHO IS IT FOR?

Anyone who wants to join us for a walk! Children, buggies and well behaved dogs (on leads) are welcome too.

HOW DO I JOIN?

Booking is essential.

Please contact Lindsay on 07593 138655 or email lindsay@healthboxcic.com for a registration form.



THE WEEKLY WELLBEING WALKS ARE HOSTED BY YOUR SOCIAL PRESCRIBING TEAM

For more information, please contact
Lindsay on 07593 138655 or Lindsay@healthboxcic.com

