



Wellbeing Walking Group

Every Friday, 11am to 12pm

Starts & finishes at The Higgins Bedford

Starting Friday 13th October 2017

The relaxing & social mindful walks support social integration & gentle exercise in a group setting. A range of different routes each week. The walk is FREE and finishes with either a short tour of a gallery or an opportunity for informal chat over coffee in the onsite café.



These weekly sessions aim to improve mental health through physical activity & social engagement. Sessions are designed to support people who experience generalised anxiety, stress, PTSD & other conditions.

#JustTurnUp - No need to book - Just pay on the day

Let's Be Open About Mental Health To **Break The Stigma**



For more information, please contact Robert Lindsay:

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