


Come along to our volunteer led Short Wellbeing Walks


Are you recovering from illness, isolation at home or want to improve your mental and/or physical health?


You are warmly invited to Walk your way to health



Botesdale Patient Participation Group in conjunction with OneLife and Botesdale Health Centre Social Prescriber



Organised short local Walks suitable for all ages and abilities

Dates

EVERY TUESDAY STARTING ON 12 APRIL 2022

Time

Starting at 10:00 am

Location

From Parkview Chapel

Refreshments

At the end of the Walk at Parkview Chapel



For more information or to join a Walk, please contact Botesdaleppg@gmail.com or 07787148947.