

Weekend Wellbeing Wanderers

Meet once a week, alternating between Peel Park on a Saturday and Lister Park on the Sunday of the following week:

9:30am – 10:30am

Saturdays @ Peel Park: 6, 20 April; 4, 18 May

Sundays @ Lister Park: 14, 28 April; 12, 26 May

Following the same pattern after that



Meeting at Peel Park
by the Peelers Café



Meeting at Lister Park
by the Bandstand



The walks will be moderately paced with some uphill routes

For more information phone Well Together Service on 01274 259190

or email: Welltogether@bdct.nhs.uk

Or visit our Website to find out more about our service

<https://www.bdct.nhs.uk/services/well-together-service/>

