

Walk & Talk Group

Move
more
Feel better
Together

A friendly, gentle walk to improve your health, wellbeing and meet new people.

⇒ *Suitable for all abilities.* ⇒

Looking for some fresh air, light exercise and friendly conversation? Come and join our new Walk & Talk Group.



WHEN & WHERE WE MEET

**1ST
TUESDAY
OF EVERY
MONTH**

Meet by
Llanthony
Lift Bridge
GL2 5JQ



**3RD
TUESDAY
OF EVERY
MONTH**

Meet outside
The Barn Owl
GL2 2GS



All walks start at 10:30am

A short, easy-paced walk suitable for all abilities.

MEETING
TIME

10:30am



A Social
Prescriber
will be
attending
each walk.

WHAT TO EXPECT



A friendly,
short walk
at a gentle
pace.



A Social Prescriber
will be attending
each walk for
support and
information.



After the walk, you're
welcome to join us
for a friendly chat at
a local café. Refreshments
are available to purchase
if you wish.



Everyone is welcome!

Come along, meet new people, enjoy some gentle exercise and be part of a supportive community.



Rosebank
Health

Small steps,
big difference

