

WELLNESS WALKS

Tamworth
Borough Council

LET'S GET WALKING TOGETHER

and improve our wellbeing

BEGINNERS WALKS

Please arrive 15mins before the walks.

Walking, has a wide range of mental and physical benefits, so why not come down and join us.

FREE

Every Wednesday 10-11am

Meet at the Helping Hands Café opposite the council offices.

Every Thursday 1-2pm (starts 3 April)

Meet at the Tamworth Wellbeing and Cancer Support Centre, 44 Craven.

Every Friday 10-11am

Meet at the Assembly Rooms, Corporation Street.

After the walks, you will be able to purchase your favourite warm drink for £1 from the Helping Hands Café after Wednesdays walk, the Assembly Rooms after Fridays walk and tea and coffee available at the support centre after Thursdays walk (donations optional).

Let's achieve optimal wellness together!

For more information contact: Sports-pitches@tamworth.gov.uk

www.tamworth.gov.uk