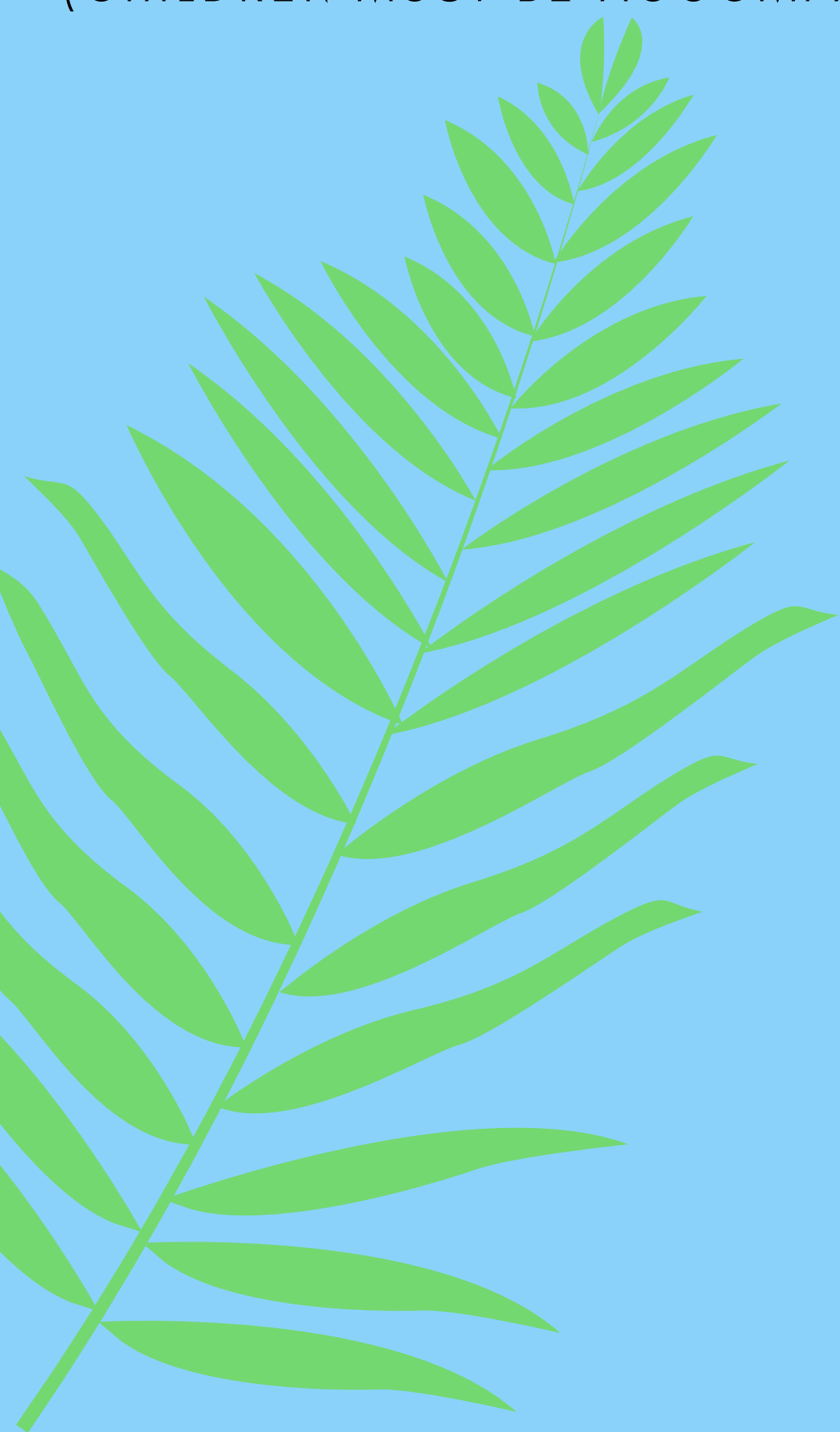


# Wellbeing Walk

**Tuesday 11th May at 3.30pm**

JOIN US FOR A RELAXING WALK AND EXPLORE THE  
POWER OF MINDFULNESS IN NATURE. FAMILY MEMBERS  
OF ALL AGES ARE WELCOME.

(CHILDREN MUST BE ACCOMPANIED BY AN ADULT).



For more information or to book a place  
email [elena.zeniou@nhs.net](mailto:elena.zeniou@nhs.net)



**Grenfell Health and  
Wellbeing Service**

