



WALK FOR WELLBEING

FREE WALK EVERY FRIDAY
10.30am-11.30am

Venue: Meet at Prospect Park Changing Rooms,
Prospect Park, Liebenrood Rd, Reading RG30 2ND

Description: Fun, gentle, drop-in walk to promote
mental wellbeing lead by a trained walk leader.

Come and get a breath of fresh air and explore some of
the local area, all you need is a bottle of water and
some comfortable shoes!

Session provided FREE by charity **Sport in Mind**

 **07341267740**

 **info@sportinmind.org**



www.sportinmind.org



Berkshire Healthcare
NHS Foundation Trust

