



## Love where you live

Join us for a morning of free activities celebrating the connection between physical activity and mental health.

All activities will start at 10am with options suitable for all abilities ranging from accessible walks to a gentle jog.

Followed by free refreshments, conversation, taster sessions and information from local organisations



Snap and Chat. A 1 mile buggy and wheelchair friendly accessible walk.

A chance to use photography to explore the local area



Litter pick walk and talk. A 1 mile buggy and wheelchair friendly accessible Walk



A 3 mile walk and talk taking in the local green spaces.



A gentle 2.5 mile walk/jog or a 3 mile run.

**Live nearby? Leave your car at home and support a greener event**

**When: March 12<sup>th</sup>**

**09:30 – 12:30**

**Where: St Barnabas  
Centre, Danesmoor**

Scan here for  
more  
information and  
to  
book your place



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