

Surrey Heath,  
Wednesdays,  
1.00 – 3.00pm

# Wellbeing Walk

An opportunity for people to relax and connect while taking a gentle walk in nature.



Scan the QR code or visit the website below to view our group timetable for up to date times and locations.



[catalystsupport.org.uk/activity-timetable/](https://catalystsupport.org.uk/activity-timetable/)



[groups.cc@catalystsupport.org.uk](mailto:groups.cc@catalystsupport.org.uk)



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Community  
Connections  
Surrey

  
**catalyst**  
SUPPORTING WELLNESS TOGETHER

