

Surrey Heath,  
Wednesdays,  
2.00 – 3.30pm

## 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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 07919 541 424

