

Women's Wellbeing Walk

A weekly walk for women who are living, or have lived through domestic abuse, and are wanting to move forward in life.

We meet:
every **Monday**
12:30pm - 1:30pm

1st Mon of the month
Marple Memorial Park
(flat/accessible route)

2nd Mon of the month
Woodband Park
(flat/accessible route)

3rd Mon of the month
Heaton Norris Park
(some steps)

4th Mon of the month
Bramhall Park
(some steps and inclines)

Would you like to assist on the walk?

We are looking for volunteers to become Walking Champions - get in touch for more details.

**For further information,
please contact:**

Ellie Unwin: 07485325398
ellie.unwin@nacro.org.uk

Greater Manchester
Walking

Greater Manchester
WALKING VOICE



The Prevention Alliance
Creating Change Together