

## Health & Wellbeing Project

### *Healthy Footsteps for 50 Plus*

### *Walks with a Difference Series*

Thursday 14th March 2019

## Poetry Walk

Whether you can write or can't write, join us on a short walk through Sedgley and The Beacon to explore fun and creative ideas and inspiration to create your very own poem.

**Prompt 10.00am start**

**Approx 2 hours**

**Approx 2 miles**

**£5 - includes a drink**

**Book now**



**Meet at: Age UK Dudley, Sedgley Hub and Café, 6 Ettymore Road, Sedgley, DY3 2SG**

**Parking: Local street parking or Pay and Display carpark (next right after Hub. Off Townsend Road)**

**For more information please contact the Health & Wellbeing on  
tel: 01384 343535 email: [Health&Wellbeing@ageukdudley.org.uk](mailto:Health&Wellbeing@ageukdudley.org.uk)**