

WELLBEING WALKS

**Join Viv and Cat for
gentle walks in nature**

DISCOVER YOUR COMMUNITY GREEN SPACES IN SPRING AND SUMMER

Specially designed for anyone aged 50-plus.

Accessible and open to all

Hot and cold drinks provided after the walk

DATE & TIME	MEETING POINT
Friday 7 TH March, 1.30-2.30 ^{PM}	The Clocktower, Caledonian Park N7
Friday 14 TH March, 1.30-2.30 ^{PM}	The Clocktower, Caledonian Park N7
Friday 21 ST March, 1.30-2.30 ^{PM}	Gillespie Park Ecology Centre N5
Friday 28 TH March 1.30-2.30 ^{PM}	Gillespie Park Ecology Centre N5
Friday 4 TH July, 1.30-2.30 ^{PM}	The Clocktower, Caledonian Park N7
Friday 11 TH July, 1.30-2.30 ^{PM}	Newington Green N1
Friday 18 TH July, 1.30-2.30 ^{PM}	Newington Green N1
Friday 25 TH July, 1.30-2.30 ^{PM}	Thornhill Square Gardens N1

**Places can be booked via eventbrite, or you are welcome
to turn up on the day without pre-booking.**



MORE INFORMATION

Scan the QR code to find out more or
call 07887751472

Email: viv@thegardenclassroom.org.uk