



Women First Walk & Talk

**Would you like to exercise and meet new people?
Why not come along to our women's only park walk and
enjoy some fresh air and have a chat.**



Brittania Park, Rowley Regis

Meeting point: outside the park
entrance on Ross road.

What3words: ///nails.sands.teams



11am every Thursday



Roughly 1 hour

- Visiting professionals who support women's wellbeing
- Improves physical and mental health
- Every week - come rain or shine!
- Meet like-minded people

To register your interest or for more
information, please email the activities team
activities@ageuksandwell.org.uk or call
0121 437 0033