

Weekly Walk & Talk at Sandwell Aquatics Centre



Age UK Sandwell - Walk & Talk Weekly Group Session **Meeting Point:** Sandwell Aquatics Centre- B67 7EP

What's The Activity? Our Age UK Sandwell Walk & Talk Groups are short walks designed for people who wish to gain the benefits of regular exercise, whilst talking to like-minded people. Our advertised weekly 'rain or shine' walks are free, friendly, and fun. Our weekly Thursday walk sets off at the same time (1:00pm - 2:00pm) each week exploring the local area.

Finishing with the opportunity of refreshments and connections.

Who Is It Suitable For? Whilst anyone can attend, these walks are aimed towards older people 65+)

How Do I Take Part? If you would like to try one of the regular health walks or simply find out more information, please contact:-

Tel: 0121 437 0033 **mail:** Info@ageuksandwell.org.uk

Web: activities@ageuksandwell.org.uk