

# Women First Walk & Talk

Aids and  
adaptations  
friendly!



**Would you like to improve your wellbeing and meet new people?  
Why not come along to one of our free women's only park walks  
and enjoy some fresh air and have a chat.**

**Walks last between 45 minutes to an hour and there are opportunities for  
refreshments afterwards.**

## Wednesdays

11am - West Smethwick  
park (Smethwick) B67 7JJ

1pm - Brunswick park  
(Wednesbury) WS10 9HH

2:45pm - Victoria park  
(Tipton) DY4 8SW

## Thursdays

11am - Britannia park  
(Rowley Regis) B65 8AR

1pm - Sandwell Valley  
(West Bromwich) B71 4BG

3pm - Barnford park  
(Oldbury) B68 8ED

- 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](mailto:activities@ageuksandwell.org.uk) or call  
0121 437 0033