

Be Well Wellbeing Walking Group



Join our friendly and free walking group offering walks in the local area to support health, wellbeing and social connection.



All abilities welcome and walk at your own pace.

Come along and:

- Improve physical health
- Boost mood and mental wellbeing
- Meet new people and reduce loneliness
- Enjoy gentle physical activity and fresh air

To join the group, you must be:

- Aged 18 or over
- Registered with a Venn PCN GP practice:
 - **CHCP:** The Quays, East Park and Riverside
 - **CHPL:** Bransholme, Southcoates and Field View
 - **The Bridge Group:** Elliott Chappell and Orchard Centre
 - **Sutton Manor Surgery**

When & Where

-  **Hull City Centre Wellbeing Walk:**
First Tuesday of every month 1:30 - 2:30pm
-  **East Hull Wellbeing Walk:**
Last Friday of each month 10 - 11am



To join or find out more, contact the Be Well Team on **01482 458091** or visit: vennpcn.nhs.uk/be-well-wellbeing-walking-group.html