

Wellbeing Walks with Social Prescribing



**Join the Social Prescribers
from Andover PCN on a
friendly and relaxed walk
for up to one hour.**

**We will be leaving from the
Health Hub Chantry
Centre**
at 5:30pm on the following
dates!**

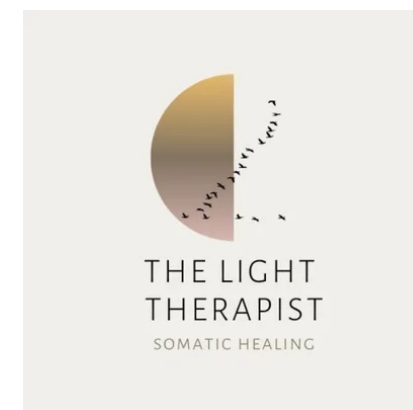
**Joining us will be guests
from:**

**Sport in Mind
Chapel Arts**

The Light Therapist

**all providing taster sessions
adding variety and fun
during the walk!**

**Join as many walks
as you'd like!
Please call the
Health Hub
to book
07310023207**



**THURSDAY
13th JUNE**

Wellbeing Walk with Andover PCN

Join us for a 45 minute mindfulness walk to the Church Gardens



**THURSDAY
20th JUNE**

Wellbeing Walk with Sport In Mind

A walk through the gardens combined with table tennis and badminton outside the Lights



**THURSDAY
4th JULY**

Wellbeing Walk with Chapel Arts

Soundscape, mindfulness drawing with Chapel Arts



**THURSDAY
18th JULY**

Wellbeing Walk with Andover PCN

Join us for a 45 minute mindfulness walk to the Church Gardens



**THURSDAY
1st
AUGUST**

Wellbeing Walk with Andover PCN

Join us for a 45 minute mindfulness walk to the Church Gardens



**THURSDAY
15th
AUGUST**

Wellbeing Walk with Sport In Mind

A walk through the gardens combined with table tennis and badminton outside the Lights



**THURSDAY
29th
AUGUST**

Wellbeing Walk with Walk N Talk

Meeting at Anton Arms Pub where we will join the Rooksbury Lake Walk N Talk group



**THURSDAY
12th
SEPTEMBER**

Wellbeing Walk with The Light Therapist

Mindfulness Walk

