

Amble into Autumn with Healthy Minds.....



Walk For Wellbeing Group

Healthy Minds Walking Group welcomes anyone who feels walking would benefit their wellbeing.

This friendly group takes regular walks throughout Calderdale, so people don't have to take that first step alone.

Our next walk is

The Brighthouse Bracer

Tuesday 4th October

10.30am for 10.45 start

This is a moderately difficult 2 hour walk. Please be aware there are some steep sections. We will stop for refreshments and toilets at McDonald's half way through the walk if needed.

The walk will start from outside the front entrance of Brighthouse Bus Station.

Waterproof clothes, suitable footwear and water recommended.

This walk is suitable for dogs kept on leads! It is not suitable for pushchairs.

You MUST let us know you are coming. Please ring Dianne or Cath on 01422 345154 with contact details as this is the only way we can contact you should we need to cancel for any reason.

