

Warm up this winter with Healthy Minds.....



Walk For Wellbeing Group

This Healthy Minds group is for anyone who is interested in experiencing the benefits of walking for wellbeing. Getting outside into the fresh air and taking some exercise can be a great way to get fit, meet people and feel well, but if you are struggling with low mood, anxiety or just not feeling too good, getting the motivation to take that first step can be difficult.

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

Our next walk will be on

Friday 26th February 10.30 – 12pm

Hebden Bridge - Mytholmroyd

A circular walk via Wood Top

We will meet at Hebden Bridge Cinema for this 3 mile walk to Mytholmroyd, which will return to Hebden Bridge via Wood Top. There are toilets across the road, and lots of nearby cafes for a cuppa after the walk.

You will need to wear walking shoes or boots as paths are likely to be muddy or slippery after rain. This walk is not suitable for pushchairs. Please be aware there is a long steep slope, which may be quite challenging for people with breathing or mobility difficulties.

Please ring Dianne on 01422 345154 with your contact details or to get further information. This is the only way we can contact you should we need to cancel for any reason.



Healthy Minds is the operating name for Calderdale Wellbeing
Calderdale Wellbeing: Company Number 6828871