



Well Being Walks



A Programme involving a series of walks around County Sligo every **Wednesday** to Promote Positive Well-Being

Why not participate in a regular walking programme in a safe, supervised and enjoyable environment

When: Every Wednesday at 11.00am starting Wednesday 25th March 2015

Where: Meet **Wednesdays** at Sligo Sport & Recreation Partnership Offices, Riverside (beside County Council Office)

For: Everyone Welcome

*** Walks will be supervised and can be done at your own pace and will take between 1 and 1.5 hours**

If you would like to find out more about our **Well Being Walking Group** contact:

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