

Wellbeing Walks



Newark and Sherwood

TUESDAY

Collingham, 10am

Lincolnshire Co-op Food Store, High Street, NG23 7LB

Idle Valley Nature Reserve, 10.30am

Visitor Centre, North Road, Retford, DN22 8RQ

WEDNESDAY

Ollerton, 10am (1st Wednesday of every month)

Hop Pole Hotel, Main Street, NG22 9AD

Long Bennington, 11.15am (3rd Wednesday of every month)

Front of Long Bennington Medical Centre, 10 Valley Lane, NG23 5FR

THURSDAY

Newark, 10.30am

Rumbles Café, Sconce & Devon Park, Boundary Road, NG24 4QN



Join our free and friendly short walk



At your own pace and suitable for all abilities



Friendship, fresh air and fitness



**WELLBEING
WALKS**

For more info contact: T: 01522 544 632 E: wellbeingwalks@lincolnshire.coop
W: lincolnshire.coop/wellbeing-walks