

# Wellbeing Walks



## West Lindsey

### MONDAY

#### Market Rasen - 9.30am

Market Rasen Leisure Centre, Gainsborough Rd, LN8 3JW

#### Welton - 1pm

Black Bull Pub, Lincoln Road, LN2 3HZ (No walk on Bank Holidays).

#### Sturton By Stow – 11am (1<sup>st</sup> & 3<sup>rd</sup> Monday of the Month)

Village Hall, High Street, LN1 2AE

### TUESDAY

#### Gainsborough – 9:30am

West Lindsey Leisure Centre reception, The Avenue, DN21 1EP

#### Nettleham - 1pm

The Community Hub, East Street, LN2 2SS

### THURSDAY




#### Cherry Willingham - 10am

Rosie Lea's Café, The Parade, LN3 4JL

#### Nettleham Sensory Stroll - 12pm (1<sup>st</sup> Thursday of every month)

Nettleham Village Hall, Brookfield Avenue, LN2 2SL

Join us for an enjoyable and interesting sensory stroll - designed to stimulate your senses. Can be enjoyed by people living with dementia and their carers, family and friends.)

-  Join our free and friendly short walk
-  At your own pace and suitable for all abilities
-  Friendship, fresh air and fitness



For more info contact: T: 01522 544 632 E: [wellbeingwalks@lincolnshire.coop](mailto:wellbeingwalks@lincolnshire.coop)  
W: [lincolnshire.coop/wellbeing-walks](http://lincolnshire.coop/wellbeing-walks)