

# 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

### 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



RAMBLERS

**WELLBEING  
WALKS**

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)