

# Wellbeing Walks



Our Wellbeing Walks are a great way to get out and get active while connecting with others. This is not a therapy session, but an opportunity to make social connections with like-minded people. Our socials are open to anyone aged 16+. No booking necessary, just turn up! For casual wanderers and seasoned ramblers alike, everyone is welcome. Please check the weather forecast and dress appropriately.

**Norwich – Tue 3<sup>rd</sup> Aug, 10:30am**

Wensum Park, Norwich, NR3 2DD

**Dereham – Wed 4<sup>th</sup> Aug, 12:30pm**

Meeting in front of Bishop Bonners Cottage, Dereham NR19 1ED

**Sandringham – Tue 10<sup>th</sup> Aug, 10:30pm**

Meeting in front of the Visitors' Centre, Sandringham, PE35 6AB

**Cromer – Fri 13<sup>th</sup> August, 10:30am**

Meeting in front of Cromer Pier

**Lowestoft – Monday 16<sup>th</sup> Aug, 12:30pm**

Meeting at the South Pier Fountains, Lowestoft, NR33 0AE

**Gorleston – Mon 19<sup>th</sup> July, 12:30pm**

Marine Parade, Gorleston-on-Sea, Great Yarmouth, NR31 6EZ

**Wymondham – Fri 20<sup>th</sup> Aug, 10:30am**

Meet at Tiffey Car Park, Becketswell Road, Wymondham, NR18 9PH

**Norwich Dino Trail – Fri 23<sup>rd</sup> Aug, 12:30pm**

Meet at the former tourist info point, The Forum, Norwich, NR2 1BH

**Halesworth – Tue 25<sup>th</sup> Aug, 13:30pm**

Meeting at River Lane Entrance / Millennium Green, IP19 8BZ

**King's Lynn – Thu 29<sup>th</sup> Aug, 10:30am**

The Walks, entrance opposite King's Lynn Library PE30 1PE

