

Walk your way to health... join our Roaming Reigate Walk

Walking is a gentle and effective way to boost both your physical and mental wellbeing. If you're looking to get more active and would enjoy some friendly company, we'd love to have you join us.*

- ▶ Every Saturday (starting 6 September)
- ▶ 10:20 arrival ready for 10:30 start
- ▶ Approx. 1 hour guided walk
- ▶ Meet at the bench in between the Reigate Priory building and the sunken garden
- ▶ What3words: ///golf.festivity.yard
- ▶ Booking not required

There will be an option to enjoy refreshments at a local café following the walk.

For more information contact Paris, East Surrey Wellbeing Walks on:
T 01737 779979 | E health@ymcaeastsurrey.org.uk

*Some people might need to check with their doctor first

