

The Neighbourhood Renewal Health Programme invites you to join us for a

Mindfulness in Nature

Guided Sensory Forest Walk

@ An Tobar Community Wellness Centre

This **FREE** short, structured walk will help participants focus on mindfulness and attentiveness in nature, while also embracing the many opportunities for creativity offered by a forest.

The walks will take place from 9:30am to 1:30pm and are available on the following dates:

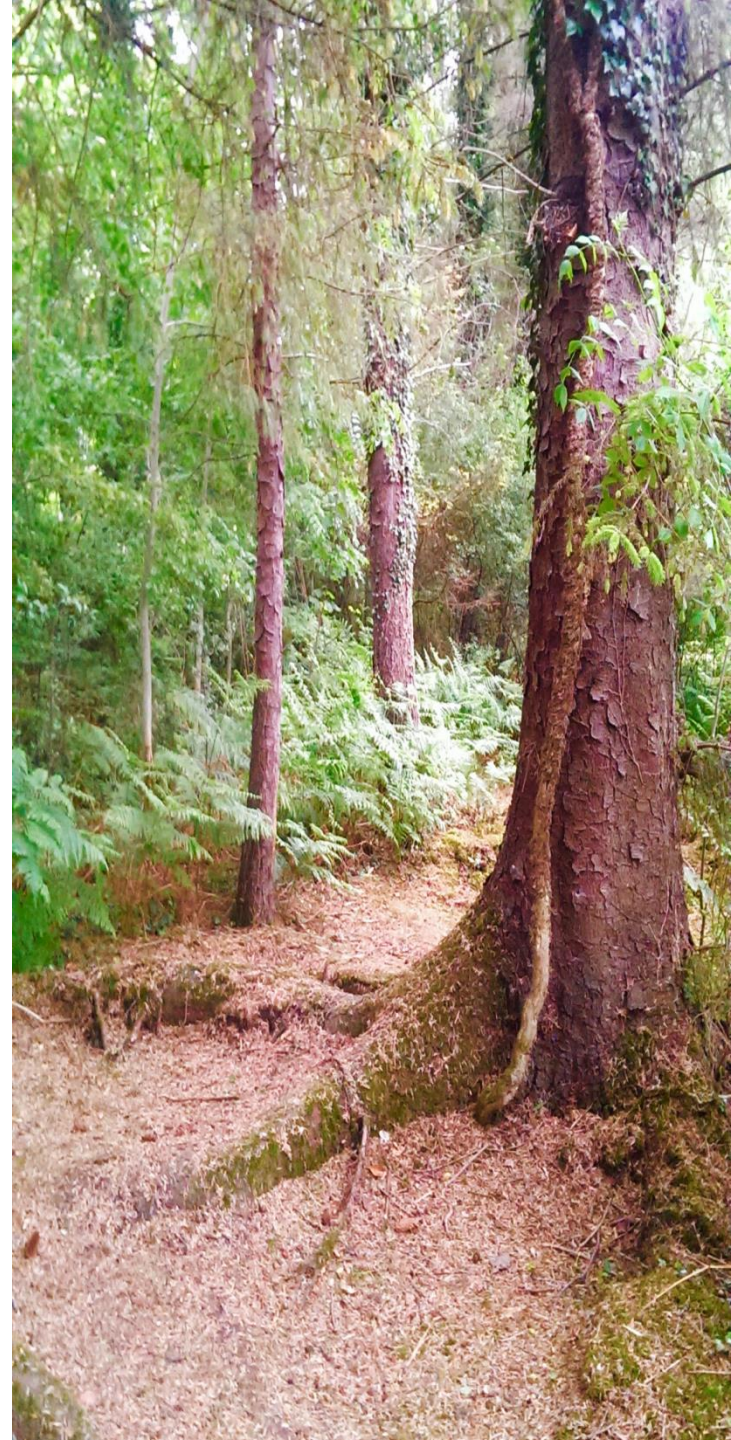
- Thursday 7th October 2021
- Thursday 14th October 2021
- Thursday 21st October 2021
- Thursday 28th October 2021

To book a place on one of the dates contact Martin on 028 3756 6292 or martin.connell@southerntrust.hscni.net

Places are limited, so book early to avoid disappointment!

A light lunch will be provided for participants

All activities take place outdoors so please wear appropriate, warm clothing and comfortable footwear.



WALKING GROUPS

Join us for a relaxing walk and talk!



MONDAY

WARRENPOINT

10:30AM - 11:30AM

Meeting at Warrenpoint Square

TUESDAY

DERRYMORE WOODS BESSBROOK

10:30AM - 11:30AM

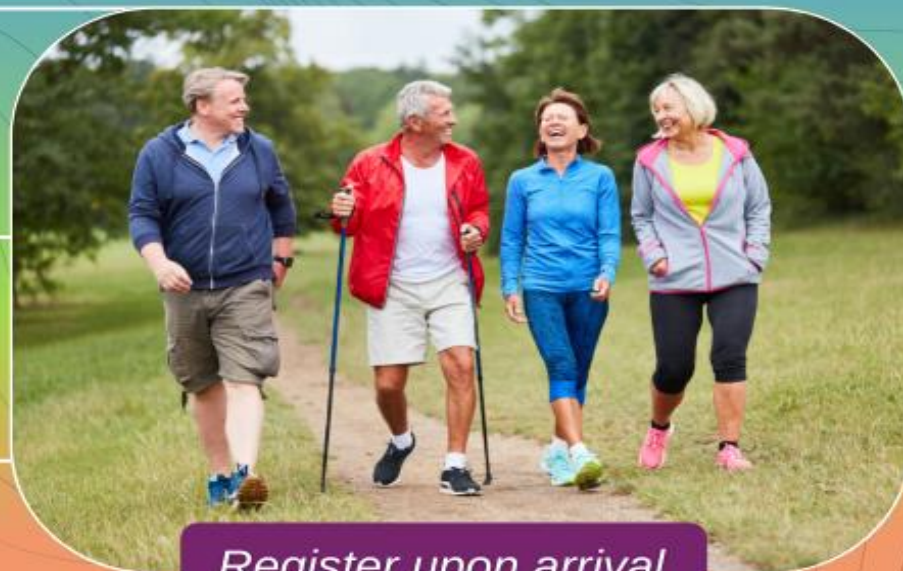
Meeting at the Carpark at Derrymore Woods

FRIDAY

NEWRY TOWPATH

10:30AM - 11:30AM

Meeting at WIN Industrial Estate



Register upon arrival





**WALK & TALK YOUR
WAY TO WELLNESS**

INTERESTED IN JOINING AN OVER 45'S HEALTH WALK?

(SUITABLE FOR ALL LEVELS & ABILITIES)

**WALKING CAN IMPROVE YOUR MENTAL
& PHYSICAL HEALTH...**

**ENCOURAGES
INTERACTION**

**WORKS AGAINST
OBESITY**

**WORKS AGAINST
DEMENTIA**

**REDUCE
STRESS**

**INCREASES
SOCIALISATION**

**ENCOURAGES
SOCIAL ENGAGEMENT**

**BANISH
BOREDOM**

**IMPROVES
SELF WORTH**

**WALK IN
SAFETY**

**BOOSTS
MOTIVATION**

**ALLEVIATES
ANXIETY**

**MOBILITY &
INDEPENDENCE**



**JOIN US ON THURSDAY 4TH NOVEMBER @ 7PM
MEET @ ST JOHN BOSCO GAC SOCIAL CLUB, WATER ST
FOR FURTHER INFO, CONTACT MO ON 075 4444 2519**

**WALKING FOR
HEALTH**

