

# GET OUTSIDE - WALK AND TALK GROUPS



**together we**  
Cumbria



6 weekly sessions, involving a walk and informal talk.  
Sessions will focus on wellbeing topics such as recognizing signs and symptoms of low mood, managing stress and worry, and improving sleep.

**BEGINNING FROM WK. 3RD JUNE 2024**

Mondays from 2PM - 3PM

@The De Lucy Centre, Egremont, CA22 2AF

Wednesdays from 2PM - 3PM

@Age UK Bradbury Centre, Workington, CA14 2AL

**REGISTER YOUR PLACE HERE**



or visit [www.togetherwe.uk/fitness/](http://www.togetherwe.uk/fitness/)