



Wellbeing Walks

**For people living with dementia
& their carers**

COME & JOIN US!

for a gentle walk & enjoy the outdoors.



Friday 5th, 12th & 19th July

Friday 2nd, 9th, 16th & 23rd August

Friday 6th, 13th & 20th September

11am until 1pm

Meeting outside HALO in Bridgend

**For more details please contact Michelle/Maria at
0300 10 249 70 or bdh@mhmwales.org**



Mental Health Matters Wales (Charity Number 1123842, Company Number 6468412).



Ariennir gan
Lywodraeth Cymru
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