



# Wellbeing Walks

For people  
living with dementia  
& their carers

Come Join Us!

Every Friday from 11am until 12.30pm for a gentle walk, enjoying the outdoors.

Meeting outside HALO in Bridgend



For more details please contact Michelle/Maria at 0300 10 249 70 or [bdh@mhmwales.org](mailto:bdh@mhmwales.org)



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