



**MENTAL HEALTH  
MATTERS WALES**

# Wellbeing Walks



**Walking has fantastic benefits for your mental and physical health: even a short walk can increase mental alertness, energy and positive mood**

**Contact us for more information on our monthly walks and improve your wellbeing!**

**[community@mhmwales.org](mailto:community@mhmwales.org)**

**or call (01656) 767045**