

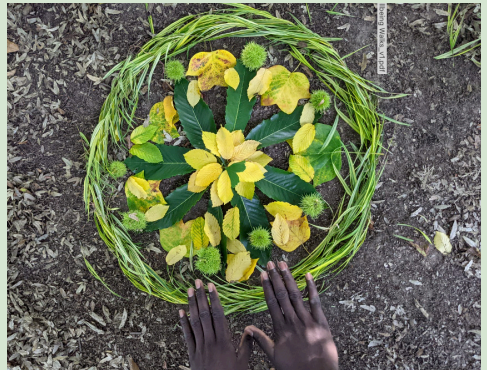
Welcoming Wellbeing Walks at Queen Elizabeth Olympic Park

Come and join our friendly Wellbeing Walks and Workshops! Explore Queen Elizabeth Olympic Park, learn about local outdoor spaces and waterways and practice wellbeing techniques.

A two month programme for adults with refugee status or leave to remain living in Hackney, Tower Hamlets, Waltham Forest and Newham.

- Want to feel fitter, healthier and happier?
- Want to get to know the local area and meet people?
- Want to gain new experiences and learn about volunteering opportunities at the Queen Elizabeth Olympic Park?

Then join our new group of Walkers starting in July!



When? Tuesdays, 11-1.30pm,
July-September 2022

Where? Queen Elizabeth Olympic Park, Stratford (weekly meeting point provided when you sign up)

What to Wear? Comfortable walking shoes/trainers, weather appropriate clothing

To sign up and for more information, please contact Beatrice at:

email: welcomingwalks@groundwork.org.uk

mobile: **07889 755112**

Free to attend and with funds available to support travel expenses.