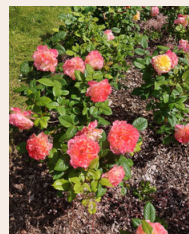


Walks for Wellbeing

**Join our mindful walks in nature for migrant women in
Greenwich!**

An opportunity to connect with the natural environment, engage in gentle
creative activities, and improve our wellbeing.



Each walk will combine gentle walking with short stops for group exercises
and reflections.

Locations will vary and walking routes will be communicated in advance.

All walks are from **10:30am-12:30pm**

Friday 14th August Walk (buggy friendly) & picnic

Friday 11th September Oxleas Woods

Monday 21st September Lesnes Abbey Woods

To register or find out more:

email Rose at projects@theground.org.uk

or WhatsApp on +447438288814