



New
-Health Walk-



-Starting: Tuesday 12th April, 1.00 - 1.45pm
-Meeting: Central Library Café

The new health walk will be a 45 minute supported walk in the city for those living with mental health issues with an optional refreshment break at the end.

To refer into this new BALP walk please speak to your support worker or GP.

Why Walk?

- Improve your mood
- Reduces anxiety
- improved physical health
- Be social

For further information

Please contact your Support Worker or the Bristol Active Life Project,
On: 0117 919 5769 or email: awp.balp@nhs.net

2econdStep



Avon and Wiltshire
Mental Health Partnership NHS Trust

