

Join us for a refreshing...

Carers Wellbeing Walk

A perfect way to boost your mood, move your body, and connect with your community!

2ND FRIDAY OF EVERY MONTH

STARTS 10.30AM

JOIN US AND DISCOVER A DIFFERENT LOCATION EACH MONTH ACROSS OUR TOWN



All ages and fitness levels are welcome

Come walk your way to better health—physically, mentally, and emotionally. Let's take steps together toward a healthier, happier you!

For more information

FOR CARERS & THOSE THEY CARE FOR, A CHANCE TO BREATHE & RECHARGE

Call us on 01952 240209

Email us admin@telfordcarers.org.uk