

## **Dwellbeing Weekly walks - Dwellbeing Shieldfield**

These weekly walks have a focus on fun, fresh air, exercise and communing with nature.

Every Friday, meet 10am outside Shieldfield House. The walking routes are decided by the group on the day of the walk.

The walking group meets up with our regular coffee group at around 11.15am and anyone who can't or doesn't want to walk and would like a friendly chat with tea or coffee is welcome to join us. The place will be chosen by the group on the week of the meeting.

For more information and to join our social WhatsApp group, contact Edyta.

Last updated: May 22, 2025