



Weekly Mindful Walking Groups

Nature Connect weekly mindful walking groups.

Each walk will last up to an hour and we recommend that you bring refreshments, clothing and shoes suitable for the weather.

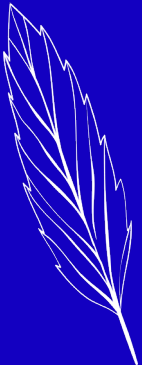
The walks will take place in:

- **Norwich**, on Tuesdays at 1pm starting from Sloughbottom park.
- **Kings Lynn**, on Fridays at 1pm starting from The Walks.
- **Great Yarmouth**, on Fridays at 1pm starting from Venetian Waterways.

Please get in touch to find out more:

natureconnect@norfolkandwaveneymind.org.uk
or call 0300 330 5488

Website: norfolkandwaveneymind.org.uk/nature-connect



 **Mind Norfolk and Waveney**

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