

Walk and talk with us - improve your happiness!

*Learn about how to improve your wellbeing whilst getting your steps in! **Free** wellbeing walks at the following locations*

Wednesdays 10.30am to 12.30pm from
Delapre Abbey Coach House

Wednesdays 2.30pm to 4.30pm from
Heathers Kingsley Park Terrace



ACTION FOR HAPPINESS

www.10daysofhappiness.org Try the online 10 day coaching course
www.actionforhappiness.org Download the App calendar, talks and community

space
to talk



Free! Thanks to
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