



Over 55's 'Mindfulness in Nature Walks'

Meet at Hollingworth Lake Visitor Centre. £1 per session including refreshments and chat to others afterwards

- Explore and visit nature to help you slow down and feel a sense of calm whilst enjoying physical activity in the outdoors.
- We will focus on the five senses to promote mindfulness through a connection with nature.
- For beginners to advanced, just come with an open mind.

To reserve your place on any of the below sessions, please contact: sarah.shard@link4life.org or 07976 498 629

- Friday 6 July 10.30am-11.30am – Easy
- Friday 13 July 10.30am-12.45pm – Mindfulness
- Friday 20 July 10.30am-12.45pm – Moderate
- Friday 27 July 10.30am-12.45pm – Mindfulness
- Friday 3 August 10.30am-11.30am – Easy
- Friday 10 August 10.30am-12.45pm – Mindfulness
- Friday 17 August 10.30am-12.45pm – Moderate
- Friday 24 August 10.30am-12.45pm – Mindfulness
- Friday 31 August 10.30am-11.30am – Easy
- Friday 7 September 10.30am-12.45pm – Mindfulness
- Friday 14 September 10.30am-11.30am – Easy
- Friday 21 September 10.30am-12.45pm – Moderate
- Friday 28 September 10.30am-12.45pm - Mindfulness