

# Wellbeing All-Inclusive Walk or Wheel



## A new walking/wheeling group for adults who want to become more active, with confidence.

This walk is suitable for people experiencing limited mobility (rehabilitating from injury/surgery or limited by a long-term medical condition or disability), visual or hearing impairment, mental health illness or learning disabilities.

- ✓ **Gentle and slow-paced**
- ✓ **Stop breaks if required**
- ✓ **Friendly, non-judgmental supportive group**
- ✓ **Carers, friends or family welcome**



Come along for a 30 minute gentle stroll, some fresh air, a chit chat and chance to socialise and meet new people.

**Meet outside Xcel leisure complex, Waterside Drive,  
Walton-on-Thames every Monday (except Bank Holidays) at 11am.**



**Elmbridge**  
Borough Council

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**[elmbridge.gov.uk/wellbeingwalks](http://elmbridge.gov.uk/wellbeingwalks)**