

# WELLBEING WALKS

Meet at Lee Valley Ice Centre (E10 7AL)

Join our team on one of our led walks and explore the park as part of a group

## Tea, Talk and Walks

Wednesdays, 09:30 - 10:30

Boost your wellbeing, get together for a gentle walk through beautiful green spaces, with plenty of time to chat and connect.

## Lifewalks

Wednesdays, 11:00 - 12:00

Step into better health with regular, accessible walks that support your wellbeing and bring people together. Routes range between 1.5 - 3 miles.

## Endurance walks for wellbeing

Saturdays, 10:30

Move more. Feel better. Connect with others. Routes over 4 miles.

Find out more at [visitleevalley.org.uk](http://visitleevalley.org.uk)

