



Health and Wellbeing Coach Service Free Healthy Walks, 45 minute session every other Tuesday 12:30pm-1.15pm

Just turn up—no appointment needed

Meet outside the surgery, which are shown below.

Time	2022 Dates	Surgery Location
12:30pm-1.15pm	1st February	Burgess Road Surgery
12:30pm-1.15pm	15th February	Stoneham Lane Surgery
12:30pm-1.15pm	1st March	Highfield Health
12:30pm-1.15pm	15th March	UHS
12:30pm-1.15pm	29th March	Burgess Road Surgery
12:30pm-1.15pm	12th April	Stoneham Lane Surgery

