

# Wellness... It's a walk in the park

## Launch Programme



Day	Time	Venue	Meeting point
Tue 6 April	10am	Backhouse Park	Entrance on main road
Tue 6 April	2pm	Princess Anne Park	Washington LC reception
Wed 7 April	10am	Mowbray Park	Walrus
Thur 8 April	10am	Herrington Country Park	Play park car park
Thur 8 April	2pm	James Steel Park	Car park
Fri 9 April	10am	Hetton Lyons Country Park	Car park
Fri 9 April	2pm	Roker Park	Entrance on main road
Sat 10 April	10am	Silksworth SC Park	Ski slope car park
Sat 10 April	2pm	Hylton Dene Park	Car park

Sunderland Wellness Service is proud to launch its new waymarked walking programme, 'Wellness...it's a walk in the park.' Come along to the launch week and get involved!

The Sunderland Active Bus and its team of Activators will be in attendance at each walk launch event to deliver led walks following the new way marked routes, and to offer free health checks and advice and information to the people attending the walks.

The walks will last between 30-60 mins (depending on their length)

**Launch Goodie Bags will be given to all people in attendance as well as all participants being entered into a FREE prize draw.**

For further information and to register your interest in taking part in one of the led walks, please contact:

**Physical Activity Development Officer on 0191 561 4693.**

