

the Whitworth

Walking for Health

Escape the everyday and explore art outdoors with our volunteer led walks designed in partnership with *Walking for Health*

“ Joining my local group has given me the confidence to enjoy all the wonderful green spaces that I didn’t even know existed. I feel liberated”

Jean Hooton, Health Walk participant

Walking is great for your wellbeing and puts a spring in your step. With *Walking for Health*, you can take part in free short art walks at Whitworth park to help you get active at a pace that works for you.

It’s an excellent way to stretch your legs, explore what’s on your door-step, and make new friends.

Join us every **Wednesday lunchtime 12.30pm-1.30pm** for a walk in the park. We meet at our park entrance reception of the gallery.

For further information contact Wendy Gallagher:

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