Walking for Wellbeing - Boston Spa

Maximum group size	30
Current group size	
Description	The Wellbeing walks are designed for members who want to get some exercise and company but do not want to don walking boots and a rucksack. The walks will last 45 - 60 minutes. They will be on pavement or good footpaths. Most of the walks are circular. At the end or the walk we will find somewhere to have a drink and continue our chats.
To join this group	Click Here
Group contact	Marjorie Boorman
Meeting day/time	2nd and 4th Tuesdays 10am
Meeting locations(s)	Outside the Village Hall
Trips/events?	E.g. field trips
Charges/contributions?	No Charges for the walk
Any limitations?	E.g. physical
Other information	Any other relevant information EXCEPT meeting programme which should be shown separately