



**Sport  
In Mind**



**FREE!**

# Walking for Mental Wellbeing

## Time

Every Wednesday 11:00 - 12:00PM.






## Venue

Under the archway outside the front of The Malthouse Surgery, The Charter, Abingdon, OX14 3JY

## Description

Fun, relaxed group for people experiencing mental health problems. Lasting between 30 and 60 minutes depending on energy of group!

This group is provided **FREE** by mental health charity Sport In Mind for the benefit of local people. Your local representative is Beth!

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