

Mindful Monday Walk 24 September 2018

#BEACTIVE

Join us for a free Mindful Monday walk on Monday 24 September 2018

Getting active is good for our bodies and helps us feel better too.

Carrick Mind invites you to try out Mindful Walking for free as part of the #BeActive European Week of Sport in partnership with ukactive.

There will be a gentle walk along the seafront in Falmouth. Open to everyone.

Date: Monday 24th September 2018

Time: 1.00pm to 3.00pm

Venue: Princess Pavilion, 41 Melvill Road, Falmouth, TR11 4AR

Meeting point? Princess Pavilion.

Further information

Name Jo Boulton

Email enquiries@carrickmind.org.uk

Telephone number 01326 617220



Get Set to Go aims to improve the lives of people with mental health problems through physical activity. The programme is funded by Sport England and the National Lottery. #BeActive is part of the European Week of Sport.