

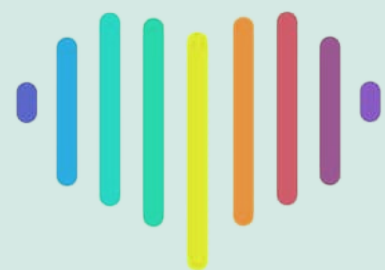
Wellbeing Walks

JOIN US FOR A WALK AND
MEET NEW PEOPLE

Wednesdays 11am

Meet outside The
Northern Den (M22 4FZ)
and join us for a short
walk (1-2 miles).

**For more information contact Chantel at:
chantel@thrivemanchester.org.uk
Phone/text 07859 832533**



Thrive MCR



Thrive Manchester is a registered charity in England and Wales number 1183084