

# Walk your way to health... join one of our Reigate Wellbeing Walks

Walking is a gentle and effective way to boost both your physical and mental wellbeing. If you're looking to get more active and would enjoy some friendly company, we'd love to have you join us.\*

## Reigate Priory Park

- ▶ **When:** Every Friday at 10:30
- ▶ **Meet at:** Morrison's Arches (Priory Park end), Reigate, RH2 7BA
- ▶ **What3words:** ///first.moons.dress
- ▶ **Duration:** 30 minute guided walk

## Roaming Reigate

- ▶ **When:** Every Saturday at 10:30
- ▶ **Meet at:** the bench in between the Reigate Priory building and the sunken garden, Reigate, RH2 7RL
- ▶ **What3words:** ///golf.festivity.yard
- ▶ **Duration:** 1 hour guided walk

There will be an option to enjoy refreshments at a local café following the walk.

For more information contact Paris, East Surrey Wellbeing Walks on:  
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\*Some people might need to check with their doctor first

