



## Join us at a series of **FREE Wellbeing Walks in Carlisle this Autumn!**

All are up to 1 hour, easy and suitable for all.

A chance to increase your daily active journeys and meet new people (refreshments optional at some walks).

**Dates and meeting places vary,**

All walks start 10:30am. Follow the QR code for full details.



- Thursday 16 Oct - **Morton Manor Community Centre Café**
- Wednesday 29 Oct - **Gatehouse Café Halloween Special**
- Thursday 13 Nov - **Smillie Café**
- Thursday 27 Nov - **Morton Manor Community Centre Café**

**Booking essential.** Scan the QR code and select the walk of your choice!



Visit [travelactively.co.uk](https://travelactively.co.uk) or find us on



### **Interested in becoming a Walk Leader?**

Our next training session takes place on Thursday 6 November at 11.30am.

Booking essential – follow the QR code to book.

