

# Wellbeing in Hastings & Eastbourne Project

 mind in Brighton and Hove  
for better mental health



## Summer walk & talk Alexandra Park, Hastings

Meet at the bandstand and have a leisurely walk around the park with time to talk and reflect on nature.

**All from 2pm-3pm**

6th August  
13th August  
20th August  
27th August  
3rd September

a series of five mindful walk and talk groups in the park!

Walks start at 2pm and finish at 3pm



Walking in small groups



Walks need to be booked so **please register** by emailing your details and the walk you want to join to Jacy Kilvert: [jacy.kilvert@mindcharity.co.uk](mailto:jacy.kilvert@mindcharity.co.uk)