

# Wellbeing in Hastings & Eastbourne Project

 mind in Brighton and Hove  
for better mental health

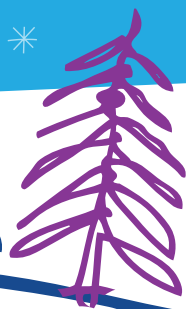


## winter walk & talk Alexandra Park, Hastings

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

All from 2pm-3pm

17th November  
24th November  
1st December  
8th December  
15th December



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



wrap up warm and wear suitable shoes!



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)