



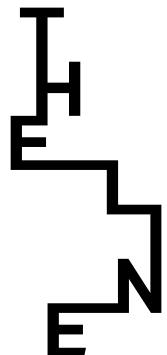
# One Step at a Time: Wellbeing walks

Come and join a friendly group of  
walkers in your local area

Supported by:



PETER  
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FOUNDATION



- What** Guided walks discovering wildlife, art and heritage along a stretch of The Line in Newham.
- When** Thursday afternoons  
June – September 2021.
- Where** Start / finish The Print House, Stratford High Street, E15 and explore The Line each week.
- Who** Gentle walks to support a range of abilities.
- Walks will be led by a friendly guide and will be Covid-secure. Walking time approx. 30 minutes.
- Why**
- Improve your fitness and wellbeing
  - Discover local art, nature and heritage
  - Explore The Line, London's first art walk
  - Enjoy company and free refreshments.

If you want to sign up, have any questions, or just want to chat through what to expect, we'd love to hear from you.

Please email [wellbeing@the-line.org](mailto:wellbeing@the-line.org) or call 020 3488 9250.

Further details also available at [www.the-line.org/walks](http://www.the-line.org/walks) or via your local social prescriber / link worker.