

FREE GUIDED WELLBEING WALK

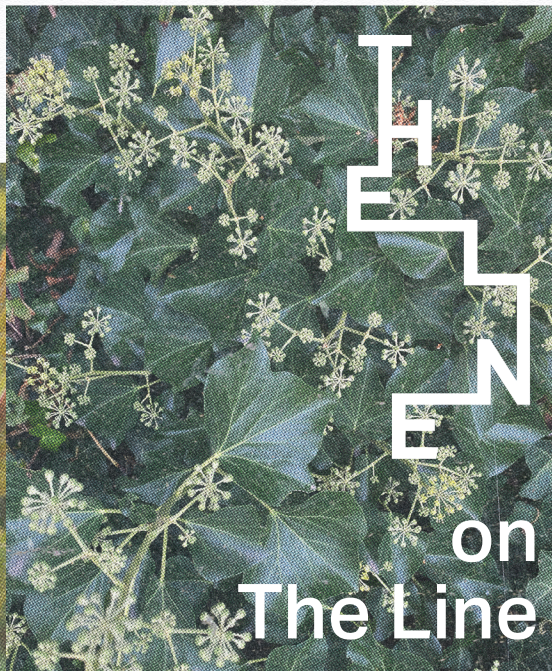
EVERY THURSDAY 11AM

MEET: Jim & Tonic
133 High Street
E15 2RB

ART

NATURE

MINDFULNESS



on
The Line

Come and join a friendly group of walkers in Newham, led by a mindfulness practitioner, and boost your wellbeing!

Explore the wildlife, art and heritage in your local area.

To book or find out more



wellbeing@the-line.org

the-line.org/wellbeing-walks

