

Mental Health Awareness Week May 2023

5 Ways to Wellbeing Walks

Get 5 of your 5 a day, 5 Ways to Wellbeing that is!

Be Active on our wellbeing walks; **Connect** with other people at 10.30am; **Take Notice** of our beautiful towns and villages; **Give** time for yourself to **Keep Learning** about our local history and heritage.

Monday 15 May – Meet outside Earl Shilton Library LE9 7NE

Tuesday 16 May – Meet outside Hinckley Leisure Centre LE10 1BZ

Thursday 18 May – Meet outside Ratby Library LE6 0LL

Saturday 20 May – Meet outside Burbage Library LE10 2DA

Time: All the walks start at 10.30 am

Duration: Approximately one to one and a half hours

Distance: Approximately one mile

Format: The walk will be on pavements and will comprise of a steady walk

Your guide is Eddie Smallwood, local historian and walk leader who will include some local history of events that have happened and details of key individuals.

The walks will take place irrespective of the weather. Attendees should wear appropriate clothing and shoes.

No need to book, just turn up!



Hinckley & Bosworth
Borough Council

