



BUGGY WALKS

Join Groundwork for wellbeing walks in Luton

Groundwork are running FREE wellbeing walks to improve fitness, mental health and to learn about nature!

- ✓ Discover and learn more about local wildlife and meet like-minded people in your local community
- ✓ Suitable for anyone who wishes to improve their mental health/physical fitness
- ✓ Walks are suitable for buggies
- ✓ Walks will last roughly one hour and will involve activities for children

Book now / Find out more:

The dates and times of the walks and works can be found on the back of this poster.

To book your space, please email laura.ferrier@groundwork.org.uk

Thanks to funding from:

Dates and locations of Buggy Walks

Walk / Work	Date	Time	Location	Postcode	Grade	Family Friendly
Walk 1	Tuesday 29th August	10.30am-11.45am	Stockwood Park circular walk	LU1 4BH	Easy	F
Walk 2	Wednesday 6th September	10.30am-11.45am	Wardown Park walk	LU3 1LH	Easy	F
Walk 3	Tuesday 12th September	10.30am-11.45am	Houghton Hall Park walk	LU5 5FU	Easy	F

For the exact meeting point for each walk, please sign up and these will be sent to you via email. The walks listed with an 'F' next to them are family friendly walks- meaning they are pushchair accessible and activities will be put on for children if they attend.