



LEYTON DEMENTIA FRIENDLY WALK

Starts Tuesday 10th January 2023

Every Tuesday from 11:30-12:30pm

Meet new people, learn about your area and join our experienced walk leaders for a gentle paced walk every Tuesday morning, everyone welcome.

Meeting at Leyton Sports Ground, High Road Leyton E10 6PY (Crawley Road Entrance)

Finishing at Leyton Sports Ground with tea & biscuits and Sporting Memories activities until 1pm.

For more information and to register, please email Feel.Good@walthamforest.gov.uk or call 07435798320

Feel Good

