

LEAP Over 50 Project

Creative Activities

Mindful Nature Walk

This walk is designed for people over 50 living with early diagnosed dementia, their families and carers.

Guided leisurely walk, slow down with the peace of mind, freedom and support to enjoy yourself and have a chat in a friendly, relaxed group.

Join us at the Saltwells Inn for a drink and a chinwag.

Book now!

11am start prompt
approx 2hrs

Saltwells Local Nature Reserve (Carpark),
Off Coppice Lane,
Quarry Bank, Dudley,
DY5 1AX



Upcoming dates
5th April
3rd May
7th June

For more information please contact Sam at Health and Wellbeing
tel: 01384 343535 email: sam.mullett@ageukdudley.org.uk
Twitter: @AgeUKDudley Web: www.ageukdudley.org.uk