

Health & Wellbeing Project

Healthy Footsteps for 50 Plus

Walks with a Difference Series

Thursday 6th Septembers Poetry Walk

Thursday 6th September 2018

Prompt 10.30am start

Approx 2 hours

Approx 2 miles

£5 - Book now



Our very own Maggie Brookes will lead you through this walk, exploring ideas and inspiration to create poems as you participate in a shared short walk through Sedgley and The Beacon.

Afterwards enjoy a cuppa and treat yourself to something nice from our Sedgley Café.

Meet at: Age UK Dudley, Sedgley Hub and Café, 6 Ettymore Road, Sedgley, DY3 2SG

Parking: Local street parking or Pay and Display carpark (next right after Hub. Off Townsend Road)

For more information please contact the Health & Wellbeing on
tel: 01384 343535 email: Health&Wellbeing@ageukdudley.org.uk