



Walk and Talk

**DOGS
WELCOME**
& NO BOOKING
REQUIRED

Thursday 14th May
9:45am - 12:00pm
Chelmsford City Racecourse
CM3 1QP

Join us and connect with others in a welcoming space for a relaxed morning for Mental Health Awareness Week.

Enjoy a gentle walk (short and long routes available) a cuppa, and friendly company. Dogs welcome!

Hang around after the walk for an optional short wellbeing talk.

Whether you fancy a stroll, chat or just some fresh air, you're very welcome. No booking required.



**MENTAL
HEALTH
AWARENESS
WEEK**



**CHELMSFORD CITY
RACECOURSE**

FREE PARKING & TEA/COFFEE

For further information:
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