



REST

Recover
Eat
Support
Talk

wellbeing Socials

NHS

iapt

Improving Access to
Psychological Therapies

WALKS COMMUNITY PICNIC



The Walks, King's Lynn Monday 24th July from 5:30pm

Join us after the work day to relax, enjoy the sunshine and connect with new people in our lovely town park. Bring something to eat and drink, and something to share if you can. Remember to wear sunscreen and keep hydrated in hot weather. This is a social, not a therapy session.

Wellbeing Socials are open to anyone aged 16+ with no need to book unless sated otherwise, for more information please see the Wellbeing Website.

Any questions? Email socials@wellbeingnandw.co.uk