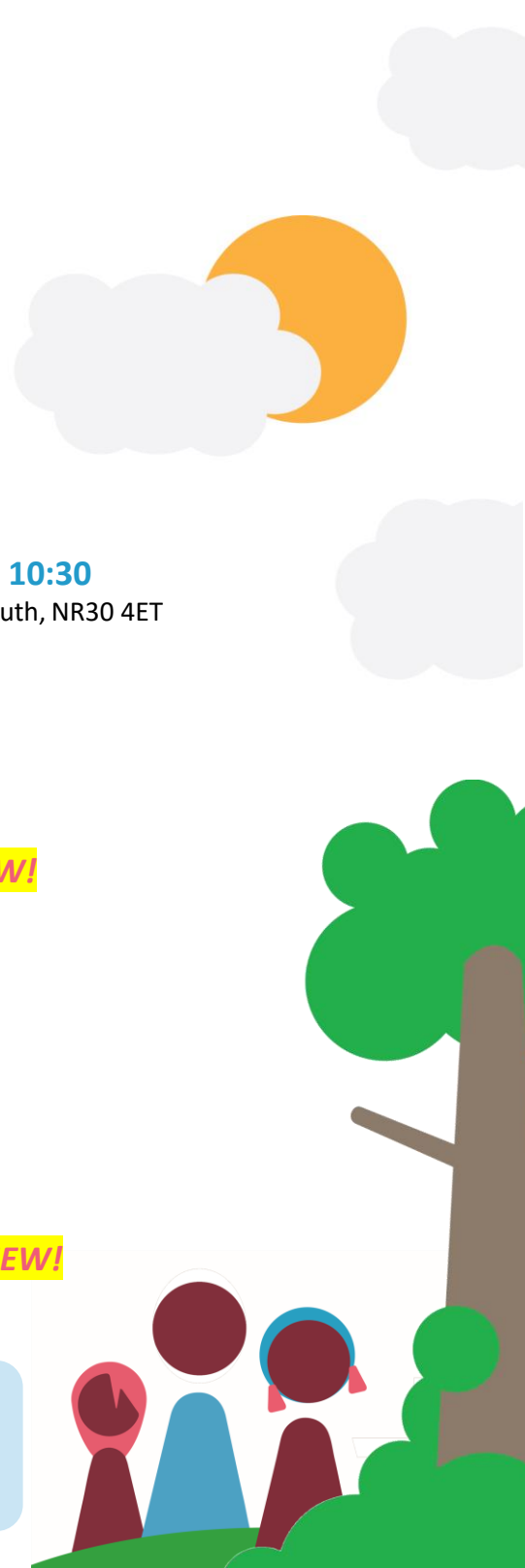


- **Diss – Tue 4th July , 10:30 – NEW!**
Meeting at Diss Town Sign, Diss Mere, Mere Street, Diss, IP22 4AD
- **Lowestoft Sea Front – Wed 5th July, 13:00**
Meeting by the Triton Statue - South Pier, Lowestoft , NR33 0AE
- **Waterloo Park, Norwich – Thu 6th July, 10:00**
Meeting at the Feed Café, Waterloo Park Pavilion, Norwich, NR3 3HX
- **Redwings Horse Sanctuary, Alysham – Fri 7th July, 10:30**
Meeting at Spa Lane, Alysham, NR11 6UE
- **Cromer – Fri 14th July, 10:30**
Meeting in front of Cromer Pier, Cromer, NR27 9HE
- **Norwich – Mon 17th July, 10:30**
Meeting at the steps of City Hall, St Peter’s Street, Norwich, NR2 1NH
- **Fen River, Downham Market – Tue 18th July, 12:30 – NEW!**
Meeting at the Train Station, Downham Market, PE38 9EN
- **Great Yarmouth Norfolk Coastal Path Walk– Wed 19th July, 10:30**
Meeting at The Boating Lake, near Munchies Café, North Drive, Great Yarmouth, NR30 4ET
- **Wymondham – Fri 21st July, 10:30**
Meeting at the Tiffey/Becketswell Car Park, Wymondham, NR18 9PH
- **Heacham Beach Walk – Fri 21st July, 12:30 – NEW!**
Meeting at REST Heacham, 4 Popular Avenue, PE31 7EA
- **Wensum Park / Marriot's Way – Mon 24th July, 10:30 – NEW!**
Meeting at Wensum Park, Norwich NR3 2DD
- **Thetford – Tue 25th July, 10:30**
Meeting at the Light Cinema, 17 Bridge Street, Thetford, IP24 3AE
- **Redwings Horse Sanctuary, Caldecott – Fri 28th July, 10:30**
Meeting at Caldecott Hall, Beccles Road, Fritton, NR31 9EY
- **Riverside King’s Lynn – Fri 28th July, 12:30**
Meeting behind The Customs House, 1 King St, King's Lynn, PE30 1ET
- **Wolferton / Dersingham Bog – Monday 31st July, 10:30 – NEW!**
Meeting at Wolferton Carpark, King's Lynn, PE31 6HF

Our wellbeing walks are a great way to get out, get active and meet new people. Wellbeing socials are for anyone aged 16+, no booking required, just turn up!



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Sign Up!

