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Contact us for more details: 0208 265 1177/2537 [corinna@familyservicesuk.org](mailto:corinna@familyservicesuk.org)

(from March 2015 - February 2016, except December)

**BOOK,**

**OR JUST TURN UP!**

Historical

Nutritional

Storytelling

*For great mental, physical and imaginative well-being!*

Description: Description: Lewisham and Greenwich NHS trust col

Family Services UK are holding regular monthly walks in the Lewisham area and beyond.

Each walk will be one of 3 types –

A **Historical** walk,

A **Nutritional**-**based** walk

or A **Storytelling** walk

With guest speakers on each walk.

The all-weather walks will be held on the **last Monday** of each month, starting **23rd** **March 2015**, until **22nd** **February 2016 (excluding December 2015)**

The walks are **free** and **open to all**, especially those who may find it hard to get out and socialise. The walks are varied in their level of difficulty – from **new walkers** to **more experienced**! Just contact us to find out where the next walk will be, or for more details **0208 265 1177, corinna@familyservicesuk.org**

*A Family Services UK Counsellor will also attend each walk, for those who would welcome an opportunity to talk*

Charity Number : 1126871 Company Number : 6516061

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 Family Services UK

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