

SEASONAL WALKS



wellness walks

Welcome to our spring season of gentle walks, visiting some of our popular walks in Wakefield.



Pugneys Contry park

Dates 10th March

14th April

12th May

Start time:- 1.30pm

Meet outside the cafe,

No previous walking experience required.

Remember to wear warm sensible clothing and footwear

Walks take approx 60-90 mins



Sandal Castle

Dates :- 24th March

28th April

Start time:- 1.30pm

Meet outside the cafe.

You are welcome to join us on as many of our walks as you want !

**For more information,
Contact- Cherie Miller
Health Coach
01924 552182**



Trinity Health Group
Crofton and Sharlston Medical Practice
Maybush Medical Centre
Trinity Medical Centre
Warrenegate Medical Centre

March-May2025

