**Wellbeing Walks**

Have you been feeling stressed and worried or struggling with low mood?

Would you like to connect with others and explore ways to improve your wellbeing?

Join us for a series of five gentle and accessible Wellbeing Walks.

The Wellbeing Walks take place in locations across Edinburgh. Dates and times vary across localities. Feel free to contact us to find out when the next group in your neighbourhood is starting.

For more information and to register email Anna at anna.chmiel@health-in-mind.org.uk or call 0131 225 8508 - ask for Anna

**Liz** - here's the website about Investors in People: <https://www.thisisremarkable.com/accreditation/we-invest-in-people/>

Best wishes

Alana

**Alana Genge**(*pronouns: she/her/hers)*Communications Manager I Health in Mind

a: 40 Shandwick Place, Edinburgh EH2 4RT

e: alana.genge@health-in-mind.org.uk

t:  0131 225 8508 I 07760752996

w: [health-in-mind.org.uk](http://www.health-in-mind.org.uk/)

Health in Mind is a charity registered in Scotland, number SC004128, and a company limited by guarantee, registered in Scotland, number SC124090. The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT.