

1 hour Wellness Walks

Starting from Fearon Hall
Thursdays at 11am



Come and join us and take your mind and body for an outing. Enjoy conversation and exercise for wellbeing. The walk will last approximately an hour at a gentle pace to suit most needs. Continue the chat and treat yourself to some refreshments from the Café in the Hall afterwards.

Free Thinking Therapies
freethinkingtherapies.co.uk

Fearon Hall
Community Centre

The urban
village hall
in the heart
of Loughborough

fearonhall.org.uk