



WALK N TALK

4
MENTAL
HEALTH

FREE WALKS IN BASINGSTOKE

WALK N TALK 4 MENTAL HEALTH



Mondays 5:15pm -

War Memorial Park

Meet at 5:15PM at the War Memorial next to the Basingstoke Registry Office

One off Walk

Saturday 22nd April

Dice Tower

Meet at The Dice Tower , Top of Town, Basingstoke at 11:45AM to walk at 12pm. Afterwards, join us for coffee and a bite to eat at the Dice Tower



DICE TOWER
CAFE & GAMING



07795 423101



walkntalk4mentalhealth@gmail.com



www.walk-and-talk.co.uk