WALKING FOR HEALTH

DOWN AREA

South Eastern Health and Social Care Trust

Health Development Department

GROUP	WHEN	WHERE	CONTACT
Struell Walking Group (registered members only)	Tuesday @ 10.30am	Quoile Nature Reserve Car Park or Dunleath Car Park, Downpatrick	Contact Una or Rachel M: 07971327789 or 07971327731
Walk In The Park Walking Group	Monday @ 7pm	Gates at Castlewellan Forest Park	E: nicolabonnor@gmail.com
Walkie Talkies - Castlewellan Mother & Baby Group	TBC	Contact for information	T: 07715807206 E: susan.leneghan@setrust.hscni.net

For further information on Walking for Health or if you are interested in becoming a walk leader please contact:
Health Development Department - T: 028 9250 1373 | E: health.development@setrust.hscni.net | www.setrust.hscni.net/healthyliving