WALKING FOR HEALTH

DOWN AREA

South Eastern Health and Social Care Trust

Health Development Department

GROUP	WHEN	WHERE	CONTACT
Walk In The Park Walking Group	Monday @ 7pm On hold until further notice	Gates at Castlewellan Forest Park	E: nicolabonnor@gmail.com
Walkie Talkies - Castlewellan Mother & Baby Group	TBC	Contact for information	M: 07715 807206 E: susan.leneghan@setrust.hscni.net
Wellwalk Dundrum	Tuesday @ 7pm (designated blocks – please contact to confirm)	Car Park beside Dundrum GAC	M: 07922 348875 E: mountainmusic65@gmail.com

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