

COLCHESTER WALK FOR WELLBEING

**Time to get out and get active!
Fun FREE walks for everyone**

MONDAY	HYTHE TESCO	11:00 - 12:00
	Meet at entrance for Greenstead Rd steps CO1 2TE	
TUESDAY	COLCHESTER TOWN	12:00 - 12:30
	Meet at One Colchester Community Hub CO1 1LH	
WEDNESDAY	ST JOHNS	10:00 - 11:30
	Meet at car park near post box CO4 ONB	
THURSDAY	HIGHWOODS	10:30 - 12:30
	With coffee at PCC Hub Cafe - Meet at Chanterelle car park CO4 9RY	
FRIDAY	STANWAY	13:00 - 14:30
	Meet at Roman Fields car park CO3 OSH	
SATURDAY	HIGHWOODS	11:00 - 12:00
	Meet at Chanterelle car park CO4 9RY	



SCAN ME

Please contact Shawn Leek for details
E information@community360.org.uk T 01206 505250