

**Mental Health Week**

# Wellbeing Walk

Spring into Summer with a wellbeing walk from Houldsworth Mill Reddish, finishing at Reddish Library. A welcome brew and biscuits, will be provided at the library, where you will have chance to borrow books, meet the staff, and find out about all the great activities available in the library.

**Tuesday 13th May**  
**1.30pm**

**Meet at Houldsworth Mill then  
afterwards at Reddish Library**



**lifeleisure**  
LIVE WELL, LIVE LIFE.

