



Walk & Talk is a new walking group through DadsWork which gives you the opportunity to engage in regular exercise and have a positive impact on your physical, mental health & well-being.

Physical Health Benefits: Reduce the risk of heart disease, stroke & diabetes. Lowering blood pressure and blood sugar levels. Increasing muscle strength & flexibility & increasing sleep.

Mental Health Benefits: Decrease Stress & Anxiety, Improve self confidence, Release "feel good" hormones which create happiness & relaxation. Meet others whilst engaging with nature, reduce Isolation

Monday 12th November 2018:

Trapain Law

Monday 19th November 2018:

Haddington & River Tyne

Monday 26th November 2018:

Gullane Bay

Monday 3rd December 2018:

Presmennan Woods

Monday 10th December 2018:

**St Baldred's Cradle &
Ravensheugh Sands**

11.00am - 2.00pm

Transport will be provided from First Step Community Project

Hot Drinks after each walk
If you are interested in any walk or would like more information please contact:

Kevin Young 01316650848 /
07833741768

email:

dadswork@hotmail.co.uk