



WALK AND TALK INTO AUTUMN!

JOIN US FOR AN INFORMAL WALK FOLLOWED BY COFFEES AND A RELAXED CHAT. WALK AND TALK IS A GUERNSEY MIND INITIATIVE FOR THOSE WHO ENJOY THE OUTDOORS AND WANT TO WALK WITH LIKE MINDED PEOPLE. IT'S A FEEL GOOD ACTIVITY THAT GIVES YOU SOME GENTLE EXERCISE AND THE CHANCE TO MAKE NEW FRIENDS.

ALL WALKS BEGIN AT THE VENUES BELOW AT 10.30 AM.

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- OCTOBER 11 - L'ANCRESSE CAR PARK**
 - OCTOBER 18 - PORT SOIF CAR PARK**
 - OCTOBER 25 - ROUSSE CAR PARK**
 - NOVEMBER 1 - NORTH BEACH PETANQUE AREA**
 - NOVEMBER 8 - JERBOURG CAR PARK**
 - NOVEMBER 15 - VISTA CAR PARK**
 - NOVEMBER 22 - BEAUCETTE MARINA CAR PARK**
 - NOVEMBER 29 - GRANDES ROCQUES CAR PARK**
 - DECEMBER 6 - PLEINMONT CAR PARK**
 - DECEMBER 13 - MIND CENTRE CAR PARK**

FOR MORE INFORMATION CONTACT: [JILL CHADWICK ON 722959 OR EMAIL JILL.CHADWICK@GUERNSEYMIND.ORG.GG](mailto:JILL.CHADWICK@GUERNSEYMIND.ORG.GG)



