

Parent Well-being & Exercise Group

**Join Us for a Walk & Talk Session
on Friday mornings!**

Start Date:

Friday 27th February

Time: 9am

Location: Meet at the main
school gate in Rainham Close

What to Expect:

Relaxing Walk:

Enjoy a peaceful walk.

Friendly Conversations: Connect
with other parents.

Health Benefits:

Boost your physical and mental
well-being.

Bring:

Comfortable
walking shoes
Water bottle
A positive attitude!

**All Parents
Welcome!**

“The journey of a
thousand miles
begins with a single
step.” – Lao Tzu



End date:

17 July 26