

MINDFUL MILE

A COMMUNITY WALK

**9:30AM
START**

EVERY SATURDAY

**FREE
ADMISSION**

- MAKE NEW FRIENDS
- AID RECOVERY FROM ILL HEALTH
- ENGAGE WITH YOUR COMMUNITY



**Whatever your reason to walk,
Pickering Town CIC will be by your side.**

**FROM 18TH
MARCH
2023**

This is a new community initiative brought about by Pickering Town CIC with support from Pickering Medical Practice and Pickering Town Council.
We are a friendly, informal walking group set up to aid our residents' health and well-being.

**JOIN US IN PICKERING TOWN COMMUNITY PARK
ON WHITBY ROAD**

For more information, email Carrie on carrie@pickeringtowncic.org.uk