

Join us this month for our Walk and Talk event to raise awareness of Diabetes Prevention week!



- **Date and time:** Monday 22nd May 2023 at 10am.
- **Where to meet:** Hiker café – Hengistbury Head, Broadway, Bournemouth, BH6 4EN. Meeting by the picnic benches on the ablution block side.
- **Parking:** Paid Car park or parking on the side road
- **Duration:** We will only be walking for about 30-40 minutes, keeping the walk at a pace suitable for all.
- **Other information:** Dogs are welcome, and we will walk in all weathers. If anyone would like to join us at the café after the walk for a warm cup of tea, you would be more than welcome to.

To sign up or for more information contact: r.botha@lwtcsupport.co.uk / h.brim@lwtcsupport.co.uk