

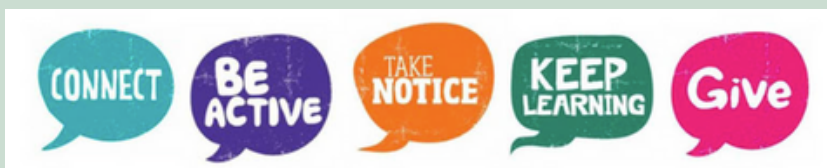


# HEALTHY HIKES 2024

Get Active | Be Mindful | Connect With Others | Learn | Talk

🌿 Discover Wellbeing Through Nature

Looking for a refreshing way to boost your mental and physical health? Dive into the Public Health Agency's '5 Steps to Wellbeing' with Positive Steps Outdoors!



- **When:** Midweek and weekends, with morning and afternoon sessions available.
- **What:** Experience leisurely walks with mindfulness techniques based coaching.
- **Who:** Perfect for individuals of average fitness levels, regardless of experience.
- **Guidance:** Led by qualified walk leaders and coaches/counsellors.
- **Equipment:** Don't worry about gear - we can loan equipment.

## 🌟 No Pressure, No Expectations - Just Pure Enjoyment!

- Donard Forest / Millstone Mountain, Newcastle - Fri 10 May & Sun 12 May
- Divis and Black Mountains, Belfast - Fri 31 May & Sat 01 Jun
- Tollymore Forest Park, Newcastle - Fri 14 Jun & Sat 29 Jun
- Sallagh Braes, Carncastle - Fri 26 Jul & Sun 28 Jul
- Lough Shannagh, Mourne Mountains, Attical, Newry - Fri 16 Aug & Sat 17 Aug
- Hare's Gap, Meemore Lodge, Mourne Mountains - Fri 27 Sep & Sat 28 Sep



## Interested?

To learn more and reserve a place on an event of your choice click the link or scan the QR code.

