

# Wellbeing Walks

RSPB St Aidan's Nature Park,  
Astley Lane, Leeds LS26 8AL

**Walks are on the last Wednesday of each month  
(except December): 28<sup>th</sup> Nov. 2018,  
30<sup>th</sup> Jan, 27<sup>th</sup> Feb, 27<sup>th</sup> March 2019.  
Meeting at St Aidan's Visitor Centre  
at 11.00am**

These monthly walks, accompanied by RSPB Volunteer Rangers, are no more than one mile and last for about an hour. The walks are open to all, especially older people and are dementia friendly. A gentle sociable stroll, aimed at those wanting to be outside, enjoy what St Aidan's Nature Park has to offer and to improve their physical and mental wellbeing.

**No booking needed, just turn up!**  
(Walks will be subject to weather conditions)

Find out more at [St Aidan's Nature Park](#).  
Tel: 0113 232 0529