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Themes: Health and Wellbeing, Mental Health

Aimed at: All People

Improve your wellbeing, walk, jog and run in a safe environment that is sociable and fun. Suitable for all abilities.

When: Mondays and Fridays 12.45pm - 2pm

Where: Auora Centre, The Old Library, Memorial Avenue, Worksop, S80 2BJ

For more information contact Sarah on 07398 073844 or email sarahrc@nottinghamshiremind.org.uk

Area: Bassetlaw

Contact Details

sarahrc@nottinghamshiremind.org.uk

07398 073844

<https://www.nottinghamshiremind.org.uk/mind-over-miles/>

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