



TEAM UPMINSTER

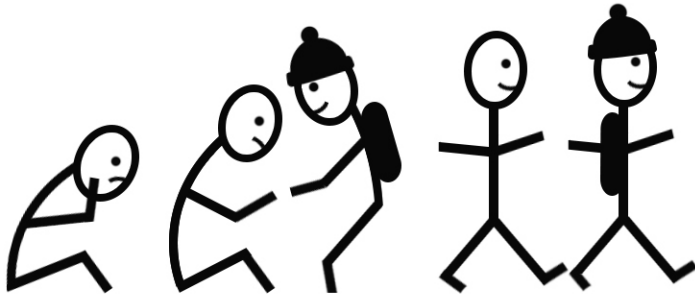
Wednesdays at 6.30pm

Meet outside Upminster Station
(the side entrance)

Why not come down and join our peer to peer
walk and **talk** groups.... It's **FREE!**

With every walk you are helping bring an end
to the stigma of mens mental health.

Let's start chatting about what really matters



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