



# TEAM WALLINGTON

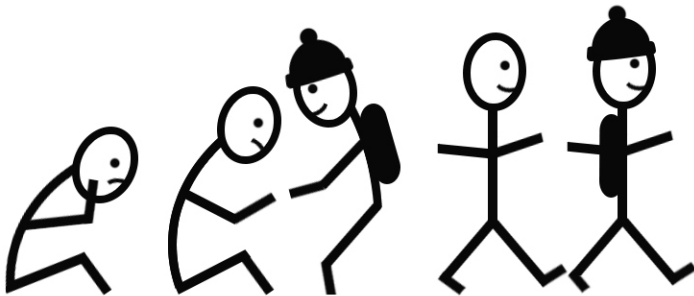
**Tuesdays at 6.30pm**

**Meet outside St Mary's Church  
(In Beddington Park)**

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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