

TEAM WOOLWICH

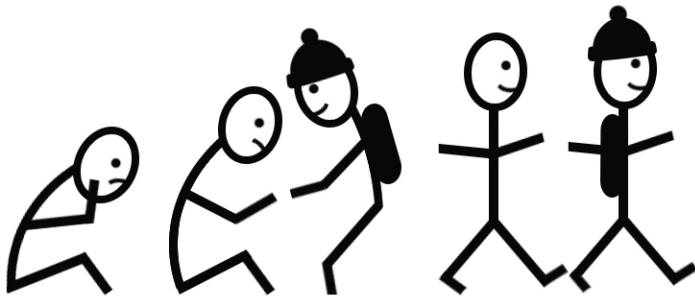
Wednesdays at 7pm

Meet outside the Woolwich Arsenal Pier
(where the Thames clippers go)

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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