



Health and Wellbeing Coach Service Free Healthy Walks, 45 minute session every other Tuesday 12:30pm-1.15pm

Just turn up—no appointment needed

Meet outside the surgery, which are shown below.

Time	2022 Dates	Surgery Location
12:30pm-1.15pm	2nd August	Stoneham Lane Surgery
12:30pm-1.15pm	16th August	Highfield Health
12:30pm-1.15pm	30th August	UHS
12:30pm-1.15pm	13th September	Burgess Road Surgery
12:30pm-1.15pm	27th September	Stoneham Lane Surgery
12:30pm-1.15pm	11th October	Highfield Health

If you have any questions, then please email
Andy on: a.j.haigh@soton.ac.uk

