



# Staff Lunchtime walks

*Learn about 5 simple steps to improve  
your wellbeing as you walk*

★ Physical activity freebies available for those who attend ★

***TUESDAYS at BCH - all fitness levels***

**Meet Cancer Centre Main Door 12.45pm**  
Tuesday 3 May – Tuesday 24 May

***THURSDAYS at RVH - slow pace***

**Meet Elliott Dynes Main Door 12.45pm**  
Thursday 5 May – Thursday 26 May

***FRIDAYS at Knockbracken - all fitness levels***

**Meet COVID centre 12.45pm**  
Friday 6 May – Friday 27 May

*(These are 30min walks with no obligation to attend all sessions)*



To register email:

[health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net)

For further info contact Donna: [donna.rooney@belfasttrust.hscni.net](mailto:donna.rooney@belfasttrust.hscni.net) Tel: 07841809005