



# STEP into Spring

Improve your health & wellbeing



*Come join our 4 week walking programme  
and learn about 5 steps to wellbeing*

★ Weekly regular walks ★ Free Fitness Tracker Watches ★



## **TUESDAYS**

**BCH Cancer Centre at 1.15pm**

*(meet outside main door)*

**Tuesday 3 May – Tuesday 24 May**

## **THURSDAYS**

**RVH Elliott Dynes at 1.15pm**

*(meet outside main door)*

**Thursday 5 May – Thursday 26 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