



Belfast Health and
Social Care Trust

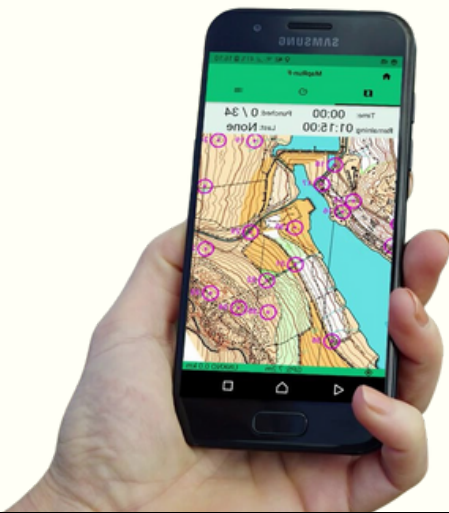
caring supporting improving together

Get Active This Autumn with Maprun

NEW ACTIVITY FOR STAFF

6 weeks - starting Tues 3rd October

Look after your Mental Health and explore the sights and sounds of **Knockbracken Healthcare Park** with a series of mapped walks/runs on your phone



1 walking and 1 running route will be posted each week over the 6 week programme commencing Tues 3rd October.

MapRun walks - 1pm-1.30pm

MapRun runs - 5pm

Meet at Admin Building beside monkey puzzle tree
Wear sensible footwear

For more information on the MapRun app visit the BWell site or contact health.improvement@belfasttrust.hscni.net

To register for the lunchtime walking or after-work running programme, please [complete the MS form](#)

