

Summer Wellness Walks



The Health Improvement Team
would like to invite staff to take part in weekly lunchtime walks

5 week walking programme during June & July

Tuesdays

Knockbracken

Healthcare Park

Meet @ Admin Building

**Walks
start at
12.30pm**

Thursdays

Musgrave Park

Hospital

Meet @ McKinney House

5 week walking programme during July & August

Tuesdays

Belfast City Hospital

Meet @

Tower Block Entrance

**Walks are
approx. 20mins.**

Wednesdays

Royal Victoria Hospital

Meet @

Main Reception Entrance

[Click here to register](#)



Belfast Health and
Social Care Trust

caring supporting improving together

