



NEW
VAUXHALL VENTURES
WALKING, WONDERING,
AND WELLBEING.



GROWING HEALTH
LIVERPOOL

Join us for gentle, easy-paced walks with a mix of light movement, mindfulness, and phone photography. Each walk will be a little different! Relax, notice your surroundings, and explore ways to boost your wellbeing.



**Register Your
Interest Here:**



Fridays at 11:30am
Meeting at Vauxhall Health Centre