



# Walk & Talk

Starts  
21st May

ALL  
WELCOME  
to join us!

**Tuesdays at 11am**

**meeting at the Lower Gates to Powis Castle, at the  
bottom of Park Lane off Broad St. in Welshpool**

A gentle walk & talk group  
that welcomes all abilities

**For more information, contact:**

 **07506 114397**

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Charity Number: 1167840

 **mind**  
Mid and  
North Powys  
Canolbarth a  
Gogledd Powys