

# HEALTH WALKS

**EASY PACE FOR  
ALL ABILITIES**



**THE RE:FRESH TEAM IS  
DEDICATED TO HELPING YOU  
GET ACTIVE AND  
STAY ACTIVE**

Blackburn with Darwen  
**WELLBEING  
SERVICE**

Our Health Walks are perfect for anyone just starting on their physical activity journey. Being active outdoors offers one of the most reliable boosts to your mental and physical well-being.

## Monday

**Town Centre Health Walk 8am - 8.30am**

Meet at Blackburn Sports & Leisure Centre, Feilden Street, Blackburn BB2 1LQ

**Lambeth Street Surgery Health Walk 10.30am - 11am**

Meet at Lambeth Street Surgery, Blackburn BB1 1LZ

## Tuesday

**Barbara Castle Way Health Walk 10.30am - 11am**

Meet at Barbara Castle Way Health Centre, Simmons Street, Blackburn BB2 1AX

**Darwen Health Walk 2pm - 2.30pm(approx)**

Meet at Sunnyhurst Woods, Falcon Avenue entrance, Darwen BB3 1QX

## Wednesday

**Darwen Health Walk 10.30am - 11am**

Meet at Darwen Health Centre, James Street West, Darwen BB3 1PY

**Town Centre Health Walk 12.30pm - 1pm**

Meet at Blackburn Town Hall, BB1 7DT

**Bangor Street Ladies Health Walk 1pm - 2pm**

Meet at Bangor Street Community Centre, Norwich Street, Blackburn BB1 6NZ

## Thursday

**Royal Blackburn Hospital Health Walk 12.30pm - 1pm**

Meet at Main Entrance, Blackburn BB2 3HH

**Witton Health Walk 2pm - 3pm**

Meet at Witton Park Arena, Witton Country Park, Preston Old Road, Blackburn BB2 2TP

## Friday

**Hollins Grove Health Walk 10.30am - 11am**

Meet at Hollins Grove Surgery, Blackburn Road, Darwen BB3 1ET

**Witton Health Walk 10.30am - 11am**

Meet at Witton Park Arena, Witton Country Park, Preston Old Road, Blackburn BB2 2TP

**FOR MORE INFORMATION  
ON ANY OF THE HEALTH WALKS  
PLEASE CONTACT US ON 01254 682037  
OR WELLBEING@BLACKBURN.GOV.UK**

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