

#MOVEMORESANDWELL

**A WALK**

**IN THE PARK**



**FOR MEN'S MENTAL HEALTH IN SANDWELL**

**FRIDAY 13, SATURDAY 14 AND SUNDAY 15 JUNE 2025**

SIX COMMUNITY PARK WALKS

WELLBEING ADVICE AND SUPPORT

FREE ACTIVITIES ON SUNDAY 15 JUNE AT WEST SMETHWICK PARK FROM 1PM

[www.healthysandwell.co.uk/walkinthepark](http://www.healthysandwell.co.uk/walkinthepark)

**WALKING SHOULDER TO SHOULDER**



**SANDWELL BETTER  
MENTAL HEALTH**  
Better mental health for all

**HEALTHY  
SANDWELL**  
We find the support you need



**Sandwell**  
Metropolitan Borough Council