



Join Cloch Housing's

# WELLBEING WALKS

Every Wednesday Morning

4<sup>th</sup> February - 27<sup>th</sup> May

Open to Everyone in the Inverclyde Community!

SUPPORTING

RN  
I:D

Supporting people  
who are deaf, have  
hearing loss or tinnitus



Led by **Patricia Broom**  
Community Health & Wellbeing Officer



Boosts  
Physical  
Health



Reduces  
Stress



Lifts  
Your  
Mood



Encourages  
Social  
Interaction

**Interested?**

Contact: [office@clochhousing.org.uk](mailto:office@clochhousing.org.uk)

Call: 01475 783637