



Join Cloch Housing's

SUPPORTING

**RN
I:D**

Supporting people
who are deaf, have
hearing loss or tinnitus

WELLBEING WALKS

Every Wednesday Morning

4th February - 27th May

Open to Everyone in the Inverclyde Community!



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

Call: 01475 783637