HEALTH & WELLBEING
COACHING

Maidenhead PCN LTD

WALK & TALK SESSIONS:

WE WALK. WE CHAT. WE CONNECT.

A FRIENDLY ENVIRONMENT TO MEET A HEALTH COACH TO DISCUSS & GET ADVICE ON WAYS TO HELP MANAGE YOUR HEALTH & WELLBEING.



EVERY TUESDAY

10AM-11AM

LOCATION:

Meet at the Maidenhead Athletics Track, located next to the Rugby Club.

FREE. No booking required.
18+ everyone welcome.