



Conversation Café Walk and Talk

Come and join us every Friday at Harrow Recreation Ground for a morning of activity focused on wellbeing and engagement.

Time	Activity	Meeting Point
9.30 to 10.30am	Tai Chi with Harrow Tai Chi for Health	Meet at the Seva Café or the Basketball Court if grass is wet
10am to 12pm	Conversation Café from Harrow Council	The Green Pavilion
10.45 to 11.15am	Wellbeing Walk led by Harrow Health Walks Volunteers	Meet in front of the Green Pavilion

The Conversation Café is available for residents wishing to access information, advice and support from representatives from adult social care, voluntary organisations and charities. Everyone welcome and refreshments available at the Green Pavilion.

For more information, visit: www.harrow.gov/walk or email conversation.cafe@harrow.gov.uk with any questions