

Free Herb Walk



Find out what Herbs can improve your health & meet new people.

Come and find out how herbs can help improve your health and be used in cooking. A Herbalist will be taking us on a Herb Walk around the local area. Also meet new people and find out what activities are happening in your local area. A great way to get fit, have a chat and see the green space in your local community (please wear comfy footwear and bring waterproofs).

When: Tuesday 25th August
Where: Marple Senior Citizens Hall,
Memorial Square
Marple
Stockport,
SK6 6BA
Time: 10am
Cost: FREE

Everybody welcome

IMPACT is based at Stockport Community and Voluntary Services and funded by the NHS. IMPACT organises health activities for the community and offers small grants for community and voluntary groups to set up their own health project or activity.

Before the walk you will get the chance to find out more about IMPACT, meet new people and find out what is happening in your local community. Everyone is welcome to the IMPACT meet up. For more information contact

0161 477 0246 or
alice@stockportcvs.co.uk

