



**Canal &
River Trust**

Making life better by water

Waterways Wellbeing

September Foraging Walks



Instagram: [Waterways_Wellbeing_Leicester](#)

September Foraging Walk

Do you want to get outside and be more active, while learning about traditional uses of plants and trees.

Come and join us for Foraging Walks this September, our walks will be slow placed and wont cover too much distance.

Kilby Bridge (4-week block)

9th, 16th, 23rd and 30th Sept.
10:00am-12:00pm

Market Harborough (4-week block)

9th, 16th, 23rd and 30th Sept.
13:30-15:30

Being near water can hugely improve your wellbeing making you feel happier and healthier.

Our waterways are making a difference to millions of lives every year. We want as many people as possible to feel the difference by making canals and rivers part of their daily lives.

Come and join us for a Waterways Wellbeing Foraging Walk and enjoy our beautiful waterways - spaces are limited, booking is essential.

Scan the QR code below to book on or contact Sean Payne.

Contact:

Sean Payne

Telephone:

07795 057 198

Email:

Sean.payne@canalrivertrust.org.uk

Charity number 1146792.

