



Walk Talk Kernow

**Are you bereaved and enjoy walking
with others?**



'Walk Talk Kernow' is a **FREE** adult bereavement support group run by Cornwall Hospice Care. Whilst walking in nature, each group provides a space for those who are bereaved and seeking social connections with others who are also experiencing grief.

Join us and allow nature to help guide you through the grieving process, step by step.



www.facebook.com/WalkTalkKernow
for more information, visit our website
or scan here.

www.cornwallhospicecare.co.uk/our-community-services/