



## Group walks for those who are bereaved



Together in Grief (TiG) walks are easy-paced, group walking sessions to help people cope with the loss of loved ones. They offer some gentle exercise and the chance to talk with others who share your experience.

**Where:** Art Gallery, Brynmor  
Jones Library, University of Hull

**When:** every Wednesday  
at 9.30am

**Cost:** FREE

**Where:** Morton House,  
Morton Lane, Beverley

**When:** 6.30pm, every second  
Monday of the month

**Cost:** FREE

The walks are safe, supportive and suitable for all (aged 16+) - men and women, and all abilities.

No need to book – just turn up. Come along whenever you feel a walk and talk might help – every week or just occasionally.

For more information, scan the QR code or email [heather@fitmums.org.uk](mailto:heather@fitmums.org.uk).

