

# Perinatal Walk & Talk



**Dartford  
Central  
Park**

**Monday 25th March  
10:30AM & 1PM**

A 1 hour gentle walk around Dartford Central Park for pregnant mothers, fathers-to-be and perinatal parents or care givers. A safe and friendly space to improve your physical health and mental wellbeing each week for 6 weeks (children welcome!)

For more information or to let us know you will be there please visit our website  
[www.northkentmind.co.uk](http://www.northkentmind.co.uk)  
or scan the QR code

