

## Living Well – West Somerset Walk 4 Living - Minehead Health Walks



*A local Walking Group providing people with the opportunity of social contact as well as improving their fitness and well being. Meets Tuesday 10.15am in various local locations.*

**Roy Williams  
(May 2010)**

“Following the loss of my wife after 45 years of a very happy marriage it took me time to adjust to my new situation and as a result neglected to some extent social contact and physical exercise. Last September my eldest daughter encouraged me to join a walking group run by The Living Well team in Minehead and since then I have been walking regularly with the group and have gained much benefit both physically and socially. I have enjoyed it so much that I have now become a walk leader and have organised some additional group walking to increase physical wellbeing which is very important and beneficial for any age. I am well into my seventies but our groups contain members of all ages and I can recommend this activity to all for both enjoyment and exercise”.

