How to find us.
There are two main bus routes to DRC the 14 & 97 both stopping within a 5 minute walk of our building. Below is a map outlining some of the nearby landmarks.

Key
1. Lidl  2. 14 bus route  3. BJ's Bingo  4. DRC  5. Tile Cross Park (Walk Route)

DRC Health & Wellbeing Team
Walking/Pushing Group & Coffee Morning
Every Monday 12 – 2pm

Tea / Coffee & Snacks provided
20-30 minute Walk/Push followed by a relaxation session
For information speak to Roy:
07799 904 256 or 03030 40 20 40
All paces and abilities welcome!

Equipment/Items Provided
- Pedometers
- Bottled water
- Waterproof Ponchos
- Tea, Coffee & Snacks
- Blood Pressure Monitors

Disability Resource Centre,
Unit 18, Ace Business Park, Mackadow Lane, Kitts Green, Birmingham, B33 0LD

Birmingham Disability Resource Centre is a registered charity in England and Wales no. 1034581 and company limited by guarantee no. 2897250
## Program Structure

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 – 12:30pm</td>
<td><strong>Tea, Coffee &amp; Snacks</strong>&lt;br&gt;(Blood Pressure &amp; Weight readings, Optional)</td>
<td>Tea, coffee and snacks will be provided in this session. It’s also an opportunity for people to socialise and get to know each other. We also offer blood pressure readings for those people who want to manage their progression and wellbeing.</td>
</tr>
<tr>
<td>12:30 – 13:00pm</td>
<td><strong>The Walk</strong></td>
<td>The route has been divided into 2 sections. Route one (red line) is for those participants who want to walk a shorter distance and at a slower pace and route 2 is for those wishing to walk further at a quicker pace. Route one is approximately 0.5 and route two is approximately 1 mile in distance. The walk starts and finishes at the DRC building.</td>
</tr>
<tr>
<td>13:15 – 13:30pm</td>
<td><strong>Refreshments &amp; Relaxation Session</strong></td>
<td>Bottles of water will be provided as well as a short 15 minute relaxation session.</td>
</tr>
<tr>
<td>13:30 – 2:00pm</td>
<td><strong>Profile updates</strong></td>
<td>This is where we log your progression covering information such as distance and steps walked as well as weight management.</td>
</tr>
</tbody>
</table>

### Tile Cross Park

**Key**
- Route one
- Route two

**Park entrance**