

5000 Steps to Wellbeing Walk to launch Mental Health Week

The 5000 Steps to Wellbeing Walk takes place in **UCD at 2pm on Sunday 6th October**. The walk is approx. 4km in length and is an opportunity for everybody to learn about the Five Ways to Wellbeing whilst also having a lovely walk in the UCD Woodlands.

- Everybody must register for the walk online using this link. <https://www.eventbrite.ie/e/5000-steps-to-wellbeing-walk-tickets-72384013533>
- School students go free.
- Adults pay €15.
- The walk is buggy, wheelchair and doggie friendly.