

JOIN US TREK THERAPY



INTERNATIONAL MENS DAY 2023 LIVERPOOL COASTAL WALK - 25.11.23

Merseyside Police are working in partnership with Trek Therapy CIC to acknowledge International Men's Day and National Selfcare Week 2023. On Saturday 25th November 2023 we invite men from across the authority to join us on a **FREE** wellbeing walk along Liverpool's waterfront from Cressington Station to the Liverpool Pier Head.

 09:45am - 12:30pm

 Cressington Station, Knowsley Road, Aigburth, Liverpool, L19 0PE

 9 kilometres / 5.6 miles



Trek Therapy CIC is a not-for-profit organisation. Company No. 13342085



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