

# Coleraine/Portstewart Walking for Health Group

## Health Walks March to May 2020

Monday mornings leaving at 10.15am



Do you like walking?

Do you like meeting new people?

Would you like to improve your health?

If you answered **YES** to the above questions, why not come along to our Health Walks?

Health experts recommend walking for the following benefits;

Reduce risk of heart disease, obesity, stroke, diabetes, osteoporosis and bowel cancer.

Help to reduce weight and maintain weight loss

Reduce blood pressure. Feel good, reduce stress, have more energy, sleep better

Enjoy opportunities to meet people and make new friends

### Information

All walks are organised in accordance with our Safety Policy and are led by trained Walk Leaders who have checked the route beforehand. Back leaders carry basic first aid packs.

Please do not pass the front leader. Children must be accompanied by an adult and dogs, other than assistance dogs, should not be brought on walks.

On arrival at the assembly point please report to the walk leader so that the attendance sheet may be completed as part of the health and safety procedure.

The walks last for approximately 45 to 60 minutes, after which there is the opportunity to have a cup of tea or coffee.

The walks are free of charge, except for the cost of tea and coffee afterwards.

For further information: Contact Robin 07885595466 or Jane 07582432020

If you would like a copy of this programme sent to you by email contact [janegribbon@gmail.com](mailto:janegribbon@gmail.com)

**This walking activity is supported by Northern Health and Social Care Trust**