

Crawley Healthwalks Leader Training Day

Wednesday 22nd October

Taking Part

*Join one of the biggest fitness movements in Europe
Would you like to help others take part?*



Become a Volunteer Walk Leader and motivate people to take short local walks as part of a healthier way of life. By Walking the Way to Health you will spend time outdoors making new friends. As a Volunteer Leader you will meet and help people. The Walking the Way to Health Initiative supports thousands of walk leaders across England. In Crawley it links in with the Crawley Wellbeing Programme. Join in, get involved, and enjoy helping others make a difference to their lives.

***Have fun
Get some fresh air
Help your local community***

Leaders will support a scheme to offer short walks in Bewbush, Langley Green and Broadfield, aiming to increase the physical and mental wellbeing of people through the natural environment.

The day is free including lunch and it will finish at about 4.00pm. Contact the Crawley Wellbeing Programme on 01293 438711 for more information or email to wellbeing@crawley.gov.uk

***Meet others on
Wednesday 22nd
October at the Nature
Centre and Classroom,
Tilgate Park RH10 5PQ
at 10.00am***

