

Volunteer led Walks for all run by Champions Show the Way BDCFT

Join your local free walking group!

Get more active, make new friends and explore your local area.

This group meets at the Holiday Inn car park.

This is a reasonably strenuous walk and does require a degree of physical fitness

Everyone welcome

<https://www.walkingforhealth.org.uk/walkfinder>

<http://www.bdct.nhs.uk/cstw>

Or email Champions@bdct.nhs.uk or

Contact Champions Show the Way on 01274 321911 for more information

Did you know that walking has been shown to:

- ✓ Improve self esteem
- ✓ Improve mood and sleep quality
- ✓ Reduce stress, anxiety and fatigue?

No excuses - Come walk with us!