WALKING LEADER



Training

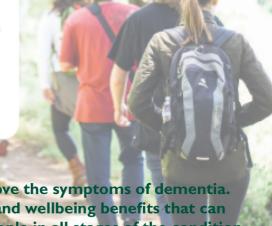
When: 14th May 2024

Where: Witney ATP, Gordon

Way, OX28 4EH

What: 3 hours of FREE training, which includes a walk with a Ramblers qualified trainer

Time: 9am - 12noon



Being physically active can improve the symptoms of dementia. Walking has a range of physical and wellbeing benefits that can improve the quality of life for people in all stages of the condition and their carers. Walking Works, 2013

For further information about the training and if you are interested in becoming a walk leader for any walks in West Oxfordshire, please get in touch with Jenny Bennett on 01993 861564 or email jenny.bennett@westoxon.gov.uk or jenny.bennett@publicagroup.uk