



## **Short community walks to build confidence and fitness – Starting soon!**

We are organising walks within our communities to help local people to get out and about again. The walks are very short (approximately 10 – 20 minutes depending on ability levels) and are aimed at individuals who would like to build their confidence and fitness safely and gradually.

Following the short walk the group is invited into a local community centre for a cup of tea and chat.

Walks will take place as follows:

**Orford Community Hub, Festival Avenue - Every Tuesday from 14 September at 10.30 am**

**Sandy lane Community Centre, Every Thursday from 16 September at 1.45 pm**

For further information or to sign up please call 01925 246881 or email [madi@warringtonva.org.uk](mailto:madi@warringtonva.org.uk)

Please help us to spread the word and reach the people within our communities who would most benefit from joining a walk.