

Walking for Mind & Body



For people with an acquired brain injury (ABI)

A series of short walks every month to improve your mind and body. Come and join us on a gentle walk in the countryside followed by a light lunch.

Join us on:

Tuesday 10th April 2018	Tuesday 11th September 2018
Tuesday 8th May 2018	Tuesday 9th October 2018
Tuesday 12th June 2018	Tuesday 13th November 2018
Tuesday 10th July 2018	Tuesday 11th December 2018
Tuesday 14th August 2018	Please wear suitable footwear and clothing!

There will be a small charge to cover the cost of refreshments.



Contact Margaret Cliffe for more information or to book:

Tel: 01772 791460 or 07808 648728

E: margaret@headwayprestonandchorley.org.uk

* Please note bad weather may cause us to rearrange or cancel walks so check with us beforehand if the weather is poor.

www.headwayprestonandchorley.org.uk

Headway Preston & Chorley is a Charitable Company Limited by Guarantee
Company Number 7669175 and Registered Charity Number 1144388

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