

CUSHENDALL WALKING FOR HEALTH GROUP

LAUNCHING

MONDAY OCTOBER 16TH 2017

- WHERE:** OLD SCHOOL HOUSE, CUSHENDALL
- WHEN:** OCTOBER 16TH 2017
- TIME:** 10.30am – 12noon
- VENUE:** Meeting Point, Old School House, Conference Room, Upstairs

Cushendall Walking for Health Group launch will take place on Monday 16th October at 10.30am. All members of the Glens Community and beyond are invited to take part in this event. Please come along to the Old School House, Mill Street, Cushendall and join us on our first ever Health Walk.

The Cushendall Walking for Health Group is a volunteer lead walking group. The walks are FOC and open to anyone who wants to become more physically active. The walks are designed and tailored to individuals new to physical activity or to people with long term medical conditions or mobility issues and to people of **ALL** ages.

Participants may be on a journey back to health, after illness, or, simply needing to re-connect with their local community on a social level.

The walking activities will be short, safe, pleasant and fun. Each participant's individual needs will be catered for.

The group is funded and facilitated by the Northern Health & Social Care Trust Physical Activity Coordinator Nicola Arbuckle and facilitated by Causeway Coast and Glens BC Physical Activity and Wellbeing Department.

We will meet at the Old School House/Community Office, Conference Room (upstairs) for a short introduction from our invited guests then we will take a short walk. Total walk time will be approximately 20mins. Refreshments provided afterwards.

Please come along and enjoy this, our first ever walk of the **“Cushendall Walking for Health Group”**. The group will continue each Monday at 10.30am taking a variety of routes in order to keep participants motivated.

For more details contact Grace Mc Mullan on 02820762225. Cushendall Walking for Health Leaflets detailing all walk routes are available from The Old School House, Community Office.