

Walking for Mind & Body



the brain injury association
Central Lancashire

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 when possible.

• 10th January 2023	• 11th July 2023
• 15th February 2023	• 8th August 2023
• 14th March 2023	• 12th September 2023
• 11th April 2023	• 10th October 2023
• 9th May 2023	• 14th November 2023
• 13th June 2023	• (no December walk)
Please wear suitable footwear and clothing!	

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



Contact us to book:

Tel: 01772 791460 or 07808 648728

E: services@headwaycentrallancashire.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.headwaycentrallancashire.org.uk

Headway Central Lancashire is a Charitable Company Limited by Guarantee
Company Number 7669175 and Registered Charity Number 1144388

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