

Walking for Mind & Body



For people with an acquired brain injury (ABI)

A series of short monthly walks in 2019 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 15th January 2019	Tuesday 9th July 2019
Tuesday 12th February 2019	Tuesday 13th August 2019
Tuesday 12th March 2019	Tuesday 10th September 2019
Tuesday 9th April 2019	Tuesday 8th October 2019
Tuesday 14th May 2019	Tuesday 12th November 2019
Tuesday 11th June 2019	Tuesday 10th December 2019



Please wear suitable footwear and clothing!

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

Contact Margaret Cliffe for information or to book: Tel: 01772 791460 or 07808 648728 or email: 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

Walking for Mind & Body



For people with an acquired brain injury (ABI)

A series of short monthly walks in 2019 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 15th January 2019	Tuesday 9th July 2019
Tuesday 12th February 2019	Tuesday 13th August 2019
Tuesday 12th March 2019	Tuesday 10th September 2019
Tuesday 9th April 2019	Tuesday 8th October 2019
Tuesday 14th May 2019	Tuesday 12th November 2019
Tuesday 11th June 2019	Tuesday 10th December 2019



Please wear suitable footwear and clothing!

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

Contact Margaret Cliffe for information or to book: Tel: 01772 791460 or 07808 648728 or email: 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