



VOLUNTEER WALK LEADER TRAINING DAY



...making a difference in your community!



Health Walks are short walks under 1.5hrs. Zing Somerset offers FREE training and support for ANYONE wishing to lead walks on a voluntary basis.

Friday 7th September 9.30am-2.30pm at
Shape Mendip, Mendip District Council
Offices Cannards Grave Road
Shepton Mallet Somerset BA4 5BT



We cover...

- * Physical activity needs
- * Demonstration health walk
- * Health and Safety
- * Suitability of walks
- * Benefits and barriers to walking

FREE leaders pack is provided but please bring your own lunch.

Hot and cold drinks will be provided.

For more information or to book your place, please contact: Jo Smith

Community Lifestyle Public Health (Mendip) by email jsmith@sasp.co.uk or-
Phone:07855283855 or visit www.zingsomerset.co.uk for other Zing Somerset opportunities locally.