

WALKING LEADER



WEST OXFORDSHIRE
DISTRICT COUNCIL

Training

When: 14th May 2024

Where: Witney ATP, Gordon
Way, OX28 4EH

What: 3 hours of FREE training,
which includes a walk with a
Ramblers qualified trainer

Time: 9am - 12noon

A group of people, including a woman with a backpack, are walking away from the camera on a dirt path through a wooded area. The scene is bright and sunny.

Being physically active can improve the symptoms of dementia. Walking has a range of physical and wellbeing benefits that can improve the quality of life for people in all stages of the condition and their carers. *Walking Works, 2013*

For further information about the training and if you are interested in becoming a walk leader for any walks in West Oxfordshire, please get in touch with Jenny Bennett on 01993 861564 or email jenny.bennett@westoxon.gov.uk or jenny.bennett@publicgroup.co.uk