



WALK LEADER TRAINING

Do you enjoy Stepping Out with us...
Could you help to ensure the health walks continue to be
offered and cover more areas?

Being part of a volunteer walk leader group offers friendship,
and support in helping other people become fitter and
healthier.

There are a range of roles that people can help with

- Back marking to support the slower members of the group
- Planning and leading the walk
- Taking the names of people joining the walk
- Getting together the planning meetings to develop walk programmes
- Publicity for the walks

Volunteer walk leaders commit to as much as they can manage -
it may just be back marking a walk every now and then, or co-
ordinating the programme. It is up to you, and any contribution
helps spread the work.

INTERESTED??

Then join the
FREE

Walk Leader Training Day on Saturday May 26th 2007.

Woodbridge, Suffolk Coastal, 10am - 4pm

Lunch included

Please contact Sharon Jarrett for more information / a place

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