

The Childwall and Wavertree Wellbeing Team invites you to come along to our...

Walking Group

The benefits of exercise are endless, but here are some of the ways exercise can help your health and wellbeing:

- help lower your blood pressure
- help you manage your weight
- help strengthen muscles and prevent falls
- help reduce the risk of heart disease
- help stop or slow the development of Type 2 Diabetes

There are also added social and emotional benefits of walking with a group, including:

- help lower stress and manage acute mental illnesses e.g. anxiety and depression
- the opportunity to socialise with others
- help enhance and maintain motivation

Walk 1

when:

11am on the last Wednesday of every month

where:

The Mansion House in Calderstones Park, L18 3JB

cost:

FREE

Walk 2

11am on the 2nd Wednesday of every month, starting on the 15th of March

The Oasis Cafe in Sefton Park, L17 1AP

FREE

