

## Course/Group title: Walking Group

### Description of the course (including the number of sessions)

A 3 mile moderate walk facilitated by mental health support staff trained as walk leaders.

### Dates & times

This group runs throughout the year having short breaks after each terms.

### Venue

Rotates between Dronfield, Eckington, Killamarsh and Staveley.

### Benefits of attending the course

Improve general health and build confidence.

### Available to :

Service Users within Killamarsh Neighbourhood.

### How to book a place:

Discuss with your mental health worker.

### To be included in which section :

Getting well.



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