WALKING with a health condition

Who is this for?
People with a health condition, who would like to slowly increase their activity levels.

Did you know walking can:
- Help you to lose weight
- Keep your joints, bones and muscles strong
- Help reduce anxiety and depression
- Help you feel better
- Increase good cholesterol
- Help control blood pressure
- Help control blood sugar levels

You must register for the walks in advance with Sean Collins email: sean.collins@southerntrust.hscni.net or telephone 028 3756 3947

We have 3 walks: First Steps: 10 minute walk for beginners; Stepping on: 20 minute walk for those who want to go a bit further; and Stepping out: 30 minute walk for those who are currently walking

Walks available in the Lurgan & Banbridge Area

Bring a friend or relative along with you