

Hart Health Walks

WHAT IS A HART HEALTH WALK?

Health walks are aimed at anyone who would like to walk at a gentle pace in a safe and social setting. We especially encourage people who may be rehabilitating after an illness, who would like to begin to take gentle exercise or who feel they would like to meet people. We provide short walks for those who are less able and everyone can walk at their own pace. We are currently averaging 120 walkers a week come rain or shine!

The walks are approximately 50 minutes long, are led by trained Volunteer Walk Leaders and require no specialist walking clothes. At the end of the walk there are refreshments and a chance for a chat.

Hart Voluntary Action currently runs **four free Health Walks a week across Hart.**

Hook Every Monday (excluding Bank Holidays) 11am, from the Hart Neighbourhood Centre, Dickson House, London Road, Hook, RG27 9DJ

Church Crookham Every Tuesday, 11am
Wickham Court, Sheltered accommodation, Wickham Road, Church Crookham GU52 6ND

Odiham Every Thursday, 1.45pm
The Parish Rooms next to Odiham Library, The Bury, Odiham, RG29 1NB

Hartley Wintney Every Friday (excluding Bank Holidays), 11am
Rosefield Court, Sheltered accommodation, Monachus Lane, Hartley Wintney, RG27 8NP

If you wish to come along to the Hart Health Walks please just turn up at whichever walk you wish. We ask that you arrive 15minutes early on your first walk with us to allow time to complete a simple registration form. Once that is completed you are able to turn up at any of our walks whenever you wish without having to let us know in advance.

All abilities welcome, great social and fitness opportunity, come and join us!



The accredited Health Walks Scheme is part of the 'Walking for Health' initiative supported by Natural England and the Department of Health.

Our walk leaders work on a rota basis so we only ask you to commit to a minimum of one walk a month.

For more information on becoming a Hart Health Walk Leader please call Karen on **01252 815652** or e-mail Admin@hartvolaction.org.uk