



**EVER THOUGHT ABOUT BECOMING A HEALTH WALK
VOLUNTEER FOR ONELIFE SUFFOLK?**

- FREE one day training course
- Bi-annual meetings and update training provided
- Support from your health walk co-ordinator and fellow volunteers
- Option to lead/back mark a group or buddy up with new walkers
- Be part of England's largest network of health walk schemes
- Help people to get active and live healthier lives

**OUR NEXT TRAINING SESSION IS ON 27TH FEBRUARY 2019 IN
KESGRAVE.**

PLEASE CONTACT US FOR MORE DETAILS

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