

Walking for Mind & Body



A series of short walks every month to improve your mind and body. Come and join us on a gentle walk in the countryside followed by a light lunch when possible.

• 25th of May 2021	Avenham Park Preston
• 22nd June 2021	Moor Park Preston
• 20th July 2021	Worden Park Leyland
Other dates to be arranged.	
Please wear suitable footwear and clothing!	

There will be a small charge to cover the cost of refreshments or transport.



Contact Margaret Cliffe for more information or to book:

Tel: 01772 791460 or 07808 648728

E: margaret@headwayprestonandchorley.org.uk

* Please note bad weather may cause us to rearrange or cancel walks so check with us beforehand if the weather is poor.

www.headwayprestonandchorley.org.uk

Headway Preston & Chorley is a Charitable Company Limited by Guarantee
Company Number 7669175 and Registered Charity Number 1144388

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