 **Moyle**

**Walking for health group**



**Starting Monday 9th September 2024 at 10am**

**Meeting point: Sheskburn Recreation Centre, Car Park, Ballycastle**

**Short walks (approx. 30 minutes) led by Volunteer Walk Leaders. These walks are open to anyone who wants to become more physically active. The walks are particularly tailored to individuals new to physical activity and to those with long-term medical conditions.**

**For further information, contact Elaine Twaddle – Social Worker in your Ballycastle GP practice.**

**Tel: 07500094219 or your GP practice number**

**Email:** [**Elaine.twaddle@northerntrust.hscni.net**](mailto:Elaine.twaddle@northerntrust.hscni.net)

