



# SPRING IN YOUR STEP

**FREE 12 Week Walking  
Programme From 22nd  
March 2022**

  
Partnerships  
for  
Wellbeing

**Please contact Partnerships for Wellbeing for more  
information and to join:  
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Are you currently inactive and looking to increase your activity levels?

Would you like to encourage, and to be encouraged by, a group of like-minded individuals?

Here, at Partnerships for Wellbeing, we have just the solution! We're looking for YOU to join us on a FREE 12 week walking programme.

Come along for a gentle introduction to walking, where you can experience all the benefits of gentle exercise alongside a friendly group of people. Together, we will spend 12 weeks increasing our walks incrementally from 10 minutes to 1 hour. We'll also be practising strength and balance skills along the way to ensure that you feel confident whilst outdoors. After each session, we'll warm up with a cup of tea and a blether at The Inverness Ice Centre.

Where: Inverness Ice Centre

When: Every Tuesday morning at 10am, from Tuesday 22nd March

