



BOOST

YOUR MOVEMENT, MINDFULNESS & WALKING

Weekly drop-in sessions, Tuesdays 1.30-2.30pm

Venue: Kingsleigh Methodist Church
73 King Street, Leigh, WN7 4LR

Cost
£6/£5

**FREE TEA
COFFEE &
BISCUITS**

- ✓ **New Evening Sessions in Spring, Free to Unpaid Carers**
- ✓ **Free Walks** in local natural areas
- ✓ **Free Trips** with transport & refreshments



Weekly sessions began in 2019 and with a new award from the Sport England Movement Fund we can get the word out about how much of a boost they are to people who are over fifty, have long term health conditions, are unpaid carers and benefit from a mindful approach to health and wellbeing.

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