

HEALTHY LIFESTYLE VOLUNTEERS

Volunteering within the Healthy Lifestyle project is very rewarding.

There are three main types of volunteers-

The first is 'Walking the Way to Health' volunteers who lead or help groups of older people go for short walks around their communities. These walks are usually fortnightly and usually last about 45 minutes- 1 hour. We provide full training and back up support.

The second type of volunteer leads or helps to lead gentle exercise classes in the community - this could be in a sheltered accommodation or a local village hall –again full training is given and volunteers are given full support.

The third type is a Healthy Lifestyles Information volunteer – this volunteer will receive training on healthy eating, falls prevention, physical activity and much more. This will enable the volunteer to go out into the community and give short presentations to groups or help out with specific projects.

If you like working with people and enjoy a healthy lifestyle, then volunteering for this project is for you!

**To find out more please contact
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