

# GET OUT MORE!



## Health Walk Leader Training

for the Ashdown Forest healthy walks

Thursday 2 May 2013

9.30am – 4.00pm, Ashdown Forest Centre

### FREE

No previous experience required. Just a friendly nature, enthusiasm for walking and the availability to lead the Ashdown Forest healthy walk at least once a month.



For more information: Tracy Buxton, Ashdown Forest Centre 01342 823583, or Paula Hubens, Healthy Walks Project Officer TCV, 07740 899559/ [p.hubens@tcv.org.uk](mailto:p.hubens@tcv.org.uk)