

# Hertfordshire Health Walks



## Are you passionate about walking and exploring the countryside?

Get in touch if you'd like to lead gentle walks around **Mill End and Rickmansworth**

And join our friendly team of volunteer walk leaders and help others to enjoy the benefits walking has to offer

Health Walks are free and gentle walks last between 20-30 and allow people to take their first steps to better health and wellbeing

Hertfordshire Health Walks, part of Hertfordshire County Council, offer a nationally recognised **walk leadership qualification** (1-day course), **first aid training**, **insurance**, **equipment** and **marketing** to fully support you.

If you would like to see more short regular walks in Mill End and Rickmansworth, in the **Watford & Three Rivers Health Walks Programme**, make new friends and enjoy the health benefits walking has to offer please let us know.

To view the current walks programme in Watford & Three Rivers visit the website [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks) and to sign up as a leader email [Healthwalks.cms@hertfordshire.gov.uk](mailto:Healthwalks.cms@hertfordshire.gov.uk) or call us on 01992 588433



[www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)

