

# Want to lead Pram Push Walks?

Walking is a great way for new mums to get a bit of exercise & as well as the obvious effects of exercise like weight loss & increased fitness, exercise is also great for mental well being. Activities outdoors have a positive effect on mood & fatigue. North East Lincolnshire Council are looking for volunteers to lead local Pram Push walks. You will be trained in Walk Leading & First Aid. The first date for the training will be

**Thursday 28<sup>th</sup> May**

If you would like to book on to the training or would like more information contact us using the information below.



For more information contact  
[movemore@nelincs.gov.uk](mailto:movemore@nelincs.gov.uk) or  
call 01472 323594



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