



**Canal &
River Trust**

Making life better by water



Active Waterways Cheshire: Wellbeing at Home programme

**Ideal for over 55's wanting to improve their wellbeing.
In these uncertain times, take some time to refocus and recharge.**

Join us on a free 12-week online journey, to improve your mental and physical health from the comfort of your own home. Enjoy our virtual canal and river walks, learn about your local area, take part in gentle activity and relaxation classes and meet new people.

- Delivered one hour per week
- No obligation taster session offered
- Try new activities to get you moving
- Local walk routes shared



To sign up, please fill in the registration form on our webpage canalrivertrust.org.uk/activewaterways



For more information please call 07990 612700 or visit
canalrivertrust.org.uk/activewaterways

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