



Barrow Park
Leisure Centre
BARROW FORWARD

café, 11am 'til 3pm



**Social
Prescribing
Day** 14TH
MARCH '24



Chance to win 2 x 6mth Gym Memberships

Free push bike repairs with Dr Bike

Free push bike give away

Free food to sample and take away

Free Massage too

Meet the Social Prescribing Team and other NHS services



Active Cumbria are leading a revolution to empower us all to be positive about longevity and regain our fitness so that we can live longer, healthier lives. We funded a project with the Hiking Household that provides a free activity in the heart of our local communities. A map for Older Adults walking in Barrow Park has been beautifully designed and printed, guiding the user around the park, and encouraging them to make use of the benches in those parks for physical, cognitive, and emotional tasks. Join us as we launch the map and take part in a fun walk with some added gentle exercise.

LIVE LONGER BETTER.
in Cumbria

THE HIKING

-HOUSEHOLD-



BARROW PARK, BARROW-IN-FURNESS

A walk to help people of Cumbria
to Live Longer Better.



Launching The Hiking Household's
Live Longer Better Bench Walks

14th March 2024
12pm - 1pm

Please assemble outside the entrance to
Barrow Park Leisure Centre

Active Cumbria are pleased to invite you to
take part in a walk with a difference.
Come along and be inspired to be
more active, more often, whatever your age.

Contact siona.hartley@cumberland.gov.uk for more details
www.activecumbria.org

