

The Eden COPD walking for health group is self-organised with support from the Eden Project, Mobilise! and Natural England.

Mobilise is a countywide NHS project that aims to get more people, more active, more often - through walking and cycling. It is run through Cornwall & Isles of Scilly Health Promotion Service and is supported by a wide range of partner organisations with four principle partners; Big Lottery, Sustrans, Cornwall Council and Natural England

Walking for Health (WfH) is the largest national body promoting and setting the standards for led health walks. It is a Natural England initiative supported by the Department of Health.

www.wfh.naturalengland.org.uk



NHS
Cornwall and Isles of Scilly

eden project

mobilise!

Eden COPD Walking for Health Group

Walking for the future

walk 4 life



walk 4 life



We are an independent group of people who get together at the Eden Project each week to improve our health. We provide qualified walk leaders whose aim is to help you achieve your aims.



Remember that exercise is going to help you manage your disease and help keep you out of hospital!

We have a fully qualified medic on call at all times.

Don't be shy, come and join us. Exercise and have fun at the same time.

For more information ring **Peter Reddick: 01726 850 356**

An exercise programme for people suffering with COPD and other lung related diseases.

Walkers arrive at EDEN and meet in the Apple Cafe in the Visitor Centre at **10.30am** every **Tuesday**. Everyone is checked in and stickers issued. The various walking groups – divided by ability – are sorted out and away you go. At the end of the walk we all meet up and finish the morning with gentle pilates exercises and then the most important part.... a cup of tea and a chat.



You work to your ability levels with encouragement from the walk leaders.