



Getting more people active for life

Bucks & MK

**Online
Workshop**



Helping People Become More Physically Active

Who can attend? Staff working in any resident facing role (council or charity) & volunteers

When? Tuesday 4th May @1pm & Tuesday 18th May @1pm

How long? 1-Hour



Book your FREE place now

Being physically active has never been more important. We can all play a role in encouraging and empowering others to become active. Whether that's through signposting to resources, talking about the benefits, or simply encouragement.

You'll learn:

- Benefits of being physically active
- National guidelines and practical tips
- Key signposting resources
- How to have positive conversations about being more active

Plus you'll take away a certificate and a digital resource pack!

To find out more contact:

Casey.Dunlop@getberkshireactive.org

“Very informative and a great tutor - made it interesting and thought provoking”

“I love the resource pack you sent us and the positivity of the session.”

“I enjoyed all of it, Especially the interactive session.”