

Get ready to SOCIALCISE!

Find Friendship, Support, Fresh Air and Fitness
with Ready Steady Mums



Join your local free walking group for mums:

- Get fit and healthy while socialising with friends by joining our local walking group
- Our free local Socialcise group is a great way to meet new people at the same time as getting your body back in to shape after having a baby
- Being part of a group helps motivate us
- Join us for a simple walk in the fresh air together

Join us: Alton Health Visiting Team

Day: Wednesday **Time:** 10am
Starting the 22nd of February 2017

Place: Kings Pond, Alton

Your local Ready Steady Mums group contact:

Helen Baidya (Health Visitor) or Lesley Mills (Community Nursery Nurse) on 01420 88336

For more info visit www.readysteadymums.org



An iHV programme

Follow iHV and RSM on Facebook: facebook.com/iHealthVisiting, facebook.com/readysteadymums
Twitter: @iHealthVisiting, @ReadySteadyMums

*Socialcise Group Leaders are NOT qualified fitness instructors, they are community volunteers. All group members are responsible for choosing how they participate in safe physical activity for themselves, seeking professional advice as required. See terms and conditions at www.readysteadymums.org

Ready Steady Mums is a volunteer-led community exercise movement for mums, a programme run by the Institute of Health Visiting.

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