

# Abney Court care home

## Best foot forward



## Want to get more active? Join our dementia walking group.

Walking is a great way to get fit, explore what's on your doorstep and make new friends. Join one of our free and friendly short walks today.

- This walk is for people living with dementia and their carers
- A 30 minute walk around Abney Hall Park (wheelchair friendly)
- Meeting at Abney Court care home, Abney Hall Park

**Free  
event**

Our walks take place fortnightly on a Thursday at 11.30am. Forthcoming dates are as follows:

**10th August, 24th August, 7th September,  
21st September, 5th October, 19th October, 2nd November**

Limited spaces – booking is essential – to reserve your free place please call **0161 495 3780** or email [pamela.wilson@careuk.com](mailto:pamela.wilson@careuk.com)

Visit [walkingforhealth.org.uk](http://walkingforhealth.org.uk) to find out more about your local health walks.

**Abney Court, Abney Hall Park, Manchester Road, Cheadle, Cheshire SK8 2PD**  
[careuk.com/abney-court](http://careuk.com/abney-court)

