



**FREE
Workshop**

Helping People Become More Physically Active

Who can attend? Resident-facing volunteers and staff (charity or council)

When? Date/time to suit your organisation

Where? Online - Zoom



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 take away a digital resource pack and CPD certificate

For more information contact:

Info@getberkshireactive.org

"I love the resource pack you sent us and the positivity of the session"

"Well presented, perfect level and content. Good interaction and engagement"

"I enjoyed all of it, Especially the interactive session"