

Benefits of Walking



Supports peer and family interaction



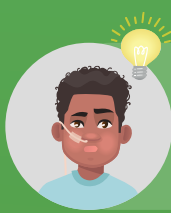
Improves confidence and independence



Aids communication and cognition



Promotes psychological wellness



Develops problem solving skills



Increases participation in everyday life

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