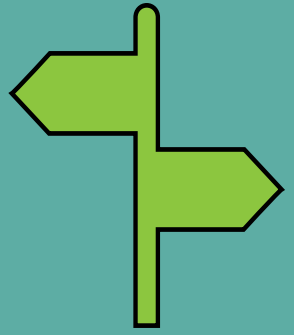




# Long Ashton Health Walks



**Mondays from 10.30am**

Meeting at Long Ashton Community Centre at 10.25am, for a sociable walk along village footpaths and finishing at the Old Library Café for refreshments.

Different distances offered. No need to book, just come along – it's FREE!

**2, 9 and 16 October  
6, 13 and 20 November  
4 and 11 December**

Longer 'Away Walks' take place on Mondays:  
23 October, 27 November and 19 December  
Please contact Ruth or Karen for details

**Aimed at individuals who want to start and stay active**

**Assistance dogs only**

**Please wear suitable clothing and footwear**

**Contact Ruth Chapman: 07814 671 369**

**Karen Barratt: 07855 402 768**

[GetActive@n-somerset.gov.uk](mailto:GetActive@n-somerset.gov.uk)

[www.betterhealthns.co.uk/get-active/walking/](http://www.betterhealthns.co.uk/get-active/walking/)

