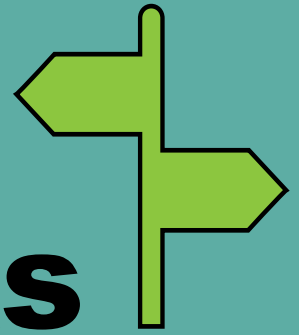




Nailsea Health Walks



Walks are on Mondays at 11am

8, 15, 22 and 29 January
at Millennium Field, behind Scotch Horn Sports Centre,
BS48 1BZ

5, 12, 19 and 26 February
at The Grove Sports and Social Club, BS48 4NQ

4, 11, 18 and 25 March
at Millennium Field, behind Scotch Horn Sports Centre,
BS48 1BZ

Different durations/distances are offered to cater for all
abilities (30-90 minutes)

Aimed at individuals who want to start and stay active

Assistance dogs only

If you need support to walk, please bring someone with you

Please wear suitable clothing and footwear

No need to book, just come along!

Contact Diane and Gordon Bennett: 01275 810 067
Physical Activity Team: 01275 882 730

GetActive@n-somerset.gov.uk

www.betterhealthns.co.uk/get-active/walking/

