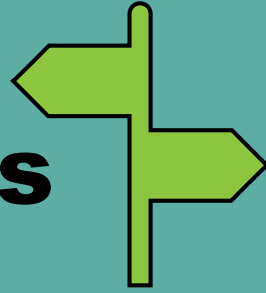




Weston-super-Mare Evening Health Walks



Wednesdays at 7pm

10, 17 and 24 April – Grand Pier

1, 8 and 15 May – Uphill Boatyard (meet at the entrance)

22 May – Worlebury Golf Course (meet at the entrance)

29 May – Weston Woods (meet at Cliff Road entrance)

5 June – Worle Health Centre

12 June - No Health Walk today (Race for Life taking place on Weston-s-Mare seafront.
3k or 5k, walk jog or run, visit: raceforlife.cancerresearchuk.org/ to get involved!)

19 June – St Georges Medical Centre

26 June – Kewstoke Village Hall

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: Kira 07882 474 692 or John 01934 511 808

Physical Activity Team: 01275 882 730

GetActive@n-somerset.gov.uk

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



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