



Portishead Health Walks



**Walks are on Mondays at 10.30am
Meet at Waitrose Piazza**

There are 3 different walks available to suit individual needs and abilities.

1, 8, 15, 22 and 29 July
5, 12, 19 and 26 August
2, 9, 16, 23 and 30 September

Away Walks will also take place on:
22 July – Sheepway
19 August – Walton in Gordano
23 September – Bristol

Please arrive 5-10 minutes early to allow for registration and any formalities. We aim to set off punctually.

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 Chris: 01275 845 736

GetActive@n-somerset.gov.uk

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

