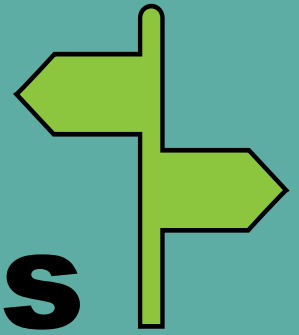




Nailsea Health Walks



Walks are on Mondays at 11am

7, 14, 21 and 28 October
at The Grove Sports and Social Club, BS48 4NQ

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

2, 9 and 16 December
at The Grove Sports and Social Club, BS48 4NQ

Different durations/distances are offered to cater for all abilities
(30 - 60 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/

