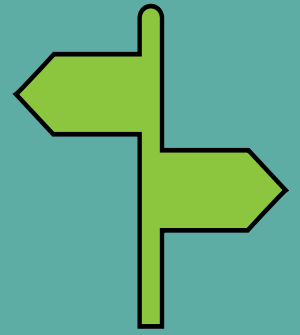


Congresbury Health Walks



Come and join us for a gentle monthly walk

Meet at the Youth Club

First Tuesday of the month at 11am

1 July

5 August

2 September

No need to book, just turn up!

For individuals who wish to start and stay active

Walks will be approximately 40 minutes

Assistance dogs only

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

Please wear suitable clothing and footwear especially during the winter months

Want to know more? Contact the Physical Activity Team:

getactive@n-somerset.gov.uk / 01275 882 730

