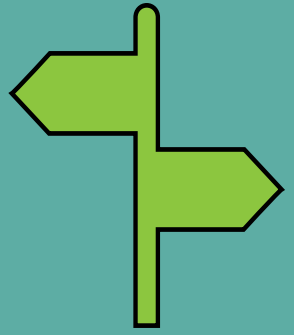




# Long Ashton Health Walks



**Mondays from 10.30am**

Meeting at Long Ashton Community Centre at 10.25am, for a sociable walk along village footpaths and finishing at the Old Library Café for refreshments.

Different distances offered. No need to book, just come along – it's FREE!

**6, 13 and 20 October  
3, 10 and 17 November  
1 and 8 December**

**Longer 'Away Walks' take place on Mondays:  
27 October, 24 November and 15 December  
Please contact Ruth or Karen for details**

**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**

**Contact Ruth Chapman: 07814 671 369**

**Karen Barratt: 07855 402 768**

[GetActive@n-somerset.gov.uk](mailto:GetActive@n-somerset.gov.uk)

[www.betterhealthns.co.uk/get-active/walking/](http://www.betterhealthns.co.uk/get-active/walking/)

