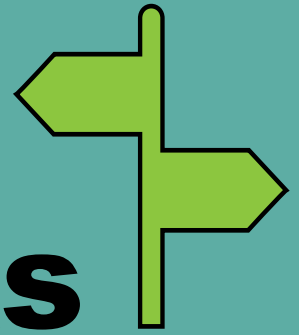




# Nailsea Health Walks



Walks are on Mondays at 11am

6, 13, 20 and 27 October  
at The Grove Sports and Social Club, BS48 4NQ

3, 10, 17 and 24 November  
at Millennium Field, behind Scotch Horn Sports Centre,  
BS48 1BZ

1, 8, 15 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](mailto:GetActive@n-somerset.gov.uk)

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



**Health Walks**

