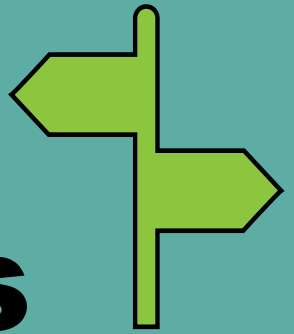




# Portishead Health Walks



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

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

6, 13, 20 and 27 October  
3, 10, 17 and 24 November  
1, 8, 22 and 29 December

On 15 December the walk will start at 11am, before the Christmas lunch at Aqua  
(Booking forms will be available at Monday walks in Oct/Nov.  
Any enquiries to Bernie on 07748 599 539)

An Away Walk will also take place at 10.30am on  
13 October in Nailsea

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](mailto:GetActive@n-somerset.gov.uk)  
[www.betterhealthns.co.uk/get-active/walking/](http://www.betterhealthns.co.uk/get-active/walking/)

