



# Worle Health Walks



## **Walking - the best possible exercise!**

A new health walk is starting in Worle, meeting every Thursday at 9.30am.

30 October – The Cedars Surgery, Worle

6 November – Worle Medical Centre

13 November - Worle Medical Centre

20 November –Mendip Vale Medical Practice (St Georges)

27 November - Mendip Vale Medical Practice (St Georges)

You'll get lots of support and encouragement from the walk volunteers.

Come and find out what's in your local area!

**Aimed at individuals who want to start and stay active.**

**Assistance dogs only.**

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

**No need to book, just come along!**

**Contact Kira: 07882 474 692 or  
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/)

