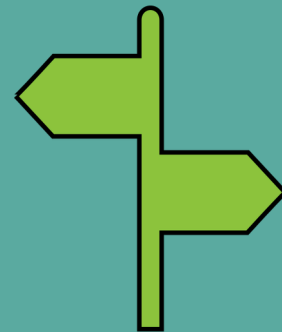


Banwell Health Walk



Meet at Banwell Youth and Community Centre for **11am** on the **First Monday of every month** for a short 30-minute walk.

No need to book – just turn up!

5 January

2 February

2 March



Free hot drink
afterwards!

Enjoy some fresh air, light exercise, and good company – we finish back at the Centre for refreshments

For individuals who wish to start and stay active

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

Please wear suitable clothing and footwear, especially during the winter months

Assistance dogs only.

Want to know more?

Contact Amy, the Nature and Biodiversity Officer at Banwell Parish Council at nature@banwellparishcouncil.gov.uk, or get in touch with the North Somerset Council Physical Activity Team on 01275 882 730.

