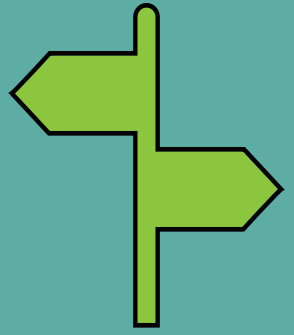




# Long Ashton Health Walks



**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!

**12, 19 and 26 January  
2, 9 and 16 February  
2, 9, 16 and 30 March**

**Longer 'Away Walks' take place on  
Mondays 23 February and 23 March.  
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/)**

