Worle
Health Walks

Thursdays at 9.30am

8 January – Tesco Express, Clover Court, Maltlands, BS22 8NB

15 January – Morrisons

22 January – The Manor Pub, Queensway

29 January – Morrisons

5 February – Worle Health Centre, High Street

12 February – Tesco Express, Clover Court, Maltlands, BS22 8NB

19 February – St Georges Surgery

26 February – Worlebury Golf Course (do not park in Golf course car park)

5 March – Sainsburys, Main Entrance

12 March – Tesco Express, Clover Court, Maltlands, BS22 8NB

19 March – St Georges Surgery

26 March – Worle Health Centre, High Street

Walks are approx. 45 minutes long

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
www.betterhealthns.co.uk/get-active/walking/

Health Walks

Better Health North Somerset

North Somerset Council