

Banwell Health Walk



**Meet at Banwell Youth and
Community Centre, BS29 6BD for
11am for a short 30-minute walk**

No need to book – just turn up!

**6 July
3 August
7 September**



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 Environment and Biodiversity Officer at Banwell Parish Council at nature@banwellparishcouncil.gov.uk, or the North Somerset Council Physical Activity Team: getactive@n-somerset.gov.uk / 01275 882 730.
www.betterhealthns.co.uk/get-active/walking/

