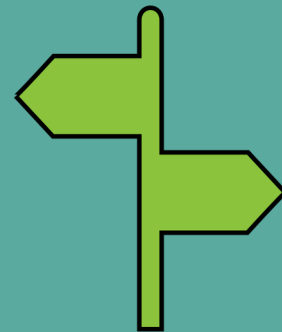
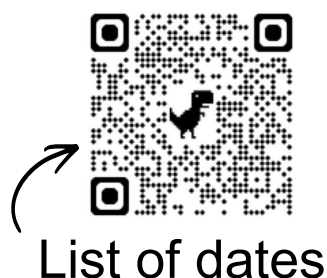


Banwell Health Walk



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

No need to book – just turn up!



List of dates

**5 October
November TBC
7 December**



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/

