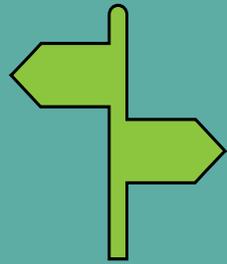




Worle Health Walks



Thursdays at 9.30am

2 April – The Manor Pub, Queensway

9 April – Morrisons

16 April – The Cedars Surgery

23 April – The Ebdon pub

30 April – Tesco Express, Clover Court, Maltlands, BS22 8NB

14 May – Sainsburys, Main Entrance

21 May – Worle Health Centre, High Street

28 May – Worlebury Golf Course (please do not park in Golf course car park)

4 June – St Georges Surgery

11 June – Ashcombe Park, meet at the top, near the Cafe

18 June – Tesco Express, Clover Court, Maltlands, BS22 8NB

25 June – Morrisons

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/

