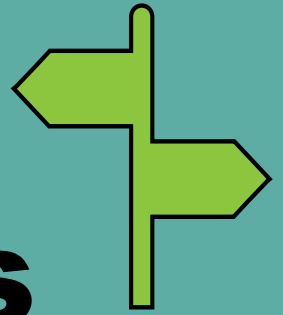




Portishead Health Walks



**Walks are on Mondays at 10.30am
Meet at Waitrose Piazza**

There are 3 different walks available to suit individual needs and abilities.

6, 13, 20 and 27 July
3, 10, 17, 24 and 31 August
7, 14, 21 and 28 September

Away Walks will also take place at 10.30am on:
20 July in Pill
21 September at Bristol Waterfront

Please arrive 5-10 minutes early to allow for registration and any formalities, we aim to set off punctually.

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

No need to book, just come along!

Contact Chris: 01275 845 736

GetActive@n-somerset.gov.uk

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

