



# Worle Health Walks



Thursdays at 9.30am

2 July – The Cedars Surgery

9 July – Worle Health Centre, High Street

16 July – Ashcombe Park, meet at the bottom

23 July – Tesco Express, Castlemead, Worle

30 July – St Georges Surgery

6 August – Tesco Express, Clover Court, Maltlands, BS22 8NB

13 August – The Cedars Surgery

20 August – The Manor pub

27 August – Tesco Express, Castlemead, Worle

3 September – Morrisons

10 September – St Georges Surgery

17 September – The Manor pub

24 September – Ebdon Arms pub

**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](mailto:GetActive@n-somerset.gov.uk)

[www.betterhealthns.co.uk/get-active/walking/](http://www.betterhealthns.co.uk/get-active/walking/)



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