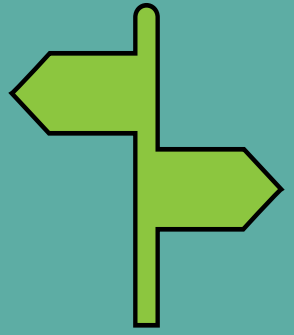




Long Ashton Health Walks



Mondays from 10.30am

Meeting at Long Ashton Community Centre at 10.25am, for a sociable walk along village footpaths and finishing at the Old Library Café for refreshments.

Different distances offered. No need to book, just come along – it's FREE!

**5, 12 and 26 October
2, 9, 16 and 30 November
7 December**

**Longer 'Away Walks' take place on Mondays:
19 October, 23 November and 14 December
Please contact Ruth for details**

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

Contact Ruth Chapman: 07814 671 369

GetActive@n-somerset.gov.uk

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

