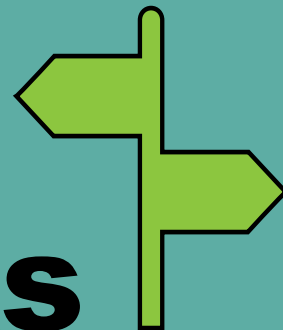




Nailsea Health Walks



Walks are on Mondays at 11am

5, 12, 19 and 26 October
at The Grove Sports and Social Club, BS48 4NQ

2, 9, 16, 23 and 30 November
at Millennium Field, behind Scotch Horn Sports Centre
BS48 1BZ

7, 14, 21 and 28 December
at The Grove Sports and Social Club, BS48 4NQ

We offer different durations every week to cater for all abilities:
30 minutes, 40 minutes, 60 minutes and 60 minutes Fast

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 Julia House: 07413 449839 or
Physical Activity Team: 01275 882 730**

GetActive@n-somerset.gov.uk

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

