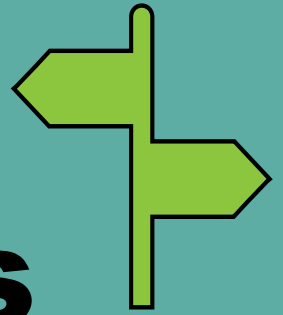




Portishead Health Walks



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

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

5, 12, 19 and 26 October
2, 9, 16, 23 and 30 November
7, 14 (11am start) 21 and 28 December

There will be a Christmas lunch after the 11am walk on 14 December
(details to follow)

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/

