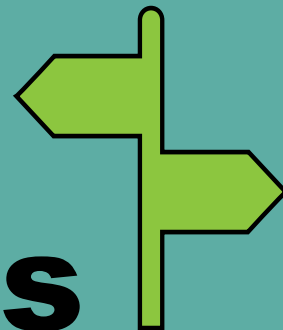




Yatton Health Walks



Thursdays at 2pm

1 October - Congresbury

Meet in Millenium Green car park on Kent Road
(BS49 5BA)

15 October – Felton Common

Meet on the common, by St Kathrine's Church
(BS40 9AB)

5 November – Uphill, Weston-s-Mare

Meet in the boat yard car park (BS23 4XR)

19 November - Nailsea

Meet at Scotch Horn Leisure Centre (BS48 1BZ)

3 December - Portishead

Meet outside the entrance to Waitrose
(BS20 7DE)

Health Walk Volunteer Required

Could you spare an hour or so on a fortnightly basis to help people in Yatton to walk a little more to improve their health?

Volunteers needed to support and connect with others, helping to encourage and inspire them to become more active. You do not need to be highly fit yourself; a positive attitude and enthusiasm is what matter most.

Full training provided.

If you would like to get involved, please get in touch using the details below.

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 Marion: 07967 346 188

Physical Activity Team: 01275 882 730

GetActive@n-somerset.gov.uk

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

