



# Weston-super-Mare Evening Health Walks



## Wednesdays at 7pm

3 July – Uphill Boatyard (meet at the entrance)

10 July – Matalan, Locking Castle

17 July – Prince Consort Gardens (top)

24 July – Clarence Park (café side)

31 July – Ashcombe Park (top)

7 August – Worlebury Golf Course (meet at entrance)

14 August – Hutton Moor Leisure Centre

21 August - Uphill Boatyard (meet at the entrance)

28 August – St Georges Medical Centre

4 September - Matalan, Locking Castle

11 September - Uphill Boatyard (meet at the entrance)

18 and 25 September – Grand Pier

**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: Kira 07882 474 692 or John 01934 511 808**

**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/)

