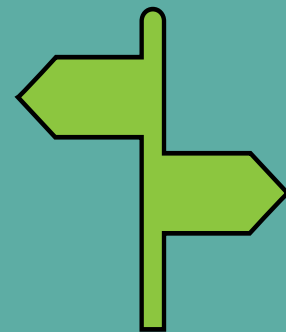




# Congars Cafe Health Walk



**Come and join us for a gentle monthly walk**

**Meet outside Congars Café on Broad Street,  
Congresbury**

**First Tuesday of the month at 10am**

**7 January**

**4 February**

**4 March**

**1 April**

**6 May**

**No need to book, just turn up!**

**For individuals who wish to start and stay active**

**Walks will be approximately 40 minutes**

**Assistance dogs only**

**If you physically need support to walk, please bring someone with you**

**Please wear suitable clothing and footwear especially during the winter months**

**Want to know more? Contact the Physical Activity Team:**

**[getactive@n-somerset.gov.uk](mailto:getactive@n-somerset.gov.uk) / 01275 882 730**

