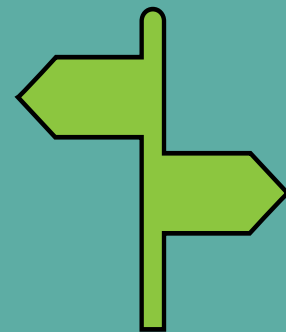




# Congars Cafe Health Walk



**Come and join us - A gentle monthly walk**

**Tuesdays - 10am**

**5 November**

**No walk in December**

**7 January, 4 February, 4 March, 1 April**

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

**See you outside the café on Broad Street, Congresbury**

**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**



**Better  
Health** North  
Somerset

