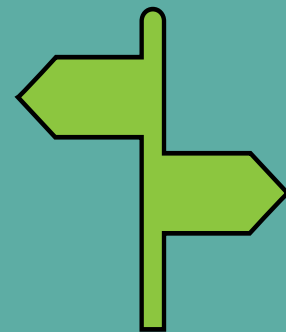




# Congars Cafe Health Walk



**Come and join us - A gentle walk every month  
on Tuesdays at 10am**

**10 September, 8 October, 5 November and  
3 December**

**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 between 40 minutes to an hour**

**Assistance dogs only**

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

**Please wear suitable clothing and footwear**

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

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

