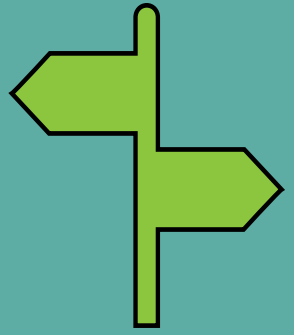




Long Ashton Health Walks



Mondays from 10.30am

Meeting at Long Ashton Community Centre at 10.25am, for a sociable walk along village footpaths and finishing at the Old Library Café for refreshments.

Different distances offered. No need to book, just come along – it's FREE!

**7, 14 and 21 October
4, 11 and 18 November
2 and 9 December**

Longer 'Away Walks' take place on Mondays:
28 October, 25 November and 16 December
Please contact Ruth or Karen for details

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

Contact Ruth Chapman: 07814 671 369

Karen Barratt: 07855 402 768

GetActive@n-somerset.gov.uk

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

