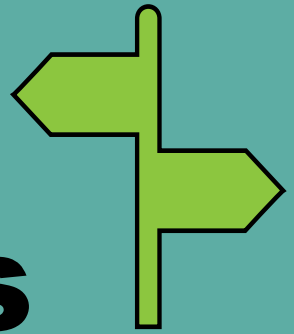




Portishead Health Walks



**Walks are on Mondays at 10.30am
Meet at Waitrose Piazza**

There are 3 different walks available to suit individual needs and abilities.

7, 14, 21 and 28 October
4, 18 and 25 November
2, 9 (11am start on this date), 16, 23 and 30 December

An Away Walk will also take place on:
Monday 21 October at Kingsweston

Join us for a Christmas Lunch after our walk on Monday 9 December at Aqua – please pick up a booking form at one of the walks

Please arrive 5-10 minutes early to allow for registration and any formalities. We aim to set off punctually.

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 Chris: 01275 845 736

GetActive@n-somerset.gov.uk
www.betterhealthns.co.uk/get-active/walking/

