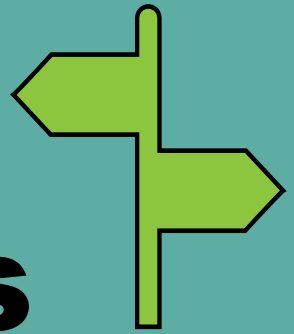




# Portishead Health Walks



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

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

6, 13, 20 and 27 January  
3, 10, 17 and 24 February  
3, 10, 17, 24 and 31 March

An Away Walk will also take place on 3 March at 10.30am,  
starting from Congars Cafe in Congresbury

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](mailto:GetActive@n-somerset.gov.uk)

[www.betterhealthns.co.uk/get-active/walking/](http://www.betterhealthns.co.uk/get-active/walking/)

