

Tuesdays at 11am

at Woodborough Inn, Sandford Road

14 and 28 January 11 and 25 February 11 and 25 March

If you are new to the group, please arrive 15 minutes early to register

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 Dawn Organ: 07376 126 473 Physical Activity Team: 01275 882 730

GetActive@n-somerset.gov.uk

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







