The North Somerset Strollers

FRIEND

Mental Health Resource Centre, Weston-super-Mare

Join us for our fortnightly walk

Thurs 3 Dec 1.30pm – FRIEND, 39 Oxford Street
Thurs 17 Dec 1.30pm– FRIEND, 39 Oxford Street
Thurs 7 Jan 1.30pm – FRIEND, 39 Oxford Street
Thurs 21 Jan 1.30pm – FRIEND, 39 Oxford Street
Thurs 4 Feb 1.30pm – FRIEND, 39 Oxford Street
Thurs 18 Feb 1.30pm – FRIEND, 39 Oxford Street

These are gentle guided walks in a social, supportive environment and a great introduction for anyone wanting to become more active or for people with health conditions.

The walks will take 15-20 minutes to a café for a rest before heading back. Bring some money if you would like a drink and for bus fares. For further information call 01934 426442

PLEASE WEAR SUITABLE CLOTHING & FOOTWEAR
We regret that no dogs are allowed

To discuss the walks programme in more detail please call Sport & Active Lifestyles Team on 01275 810 995

Health Walks Go4Life North Somerset