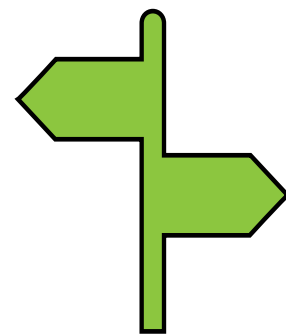




Congars Cafe

Health Walk



Come and join us - A gentle walk every month
On Tuesdays at 10am

**10th September, 8th October, 5th November &
the 3rd December.**

NO NEED TO BOOK – JUST TURN UP!

See you outside the café on Broad Street, Congresbury

For individuals who wish to start and stay active

Walks will be between 40 minutes to an hour

Assistance dogs only

If you physically need support to walk, please bring someone with you

Please wear suitable clothing and footwear

Want to know more? Contact the Physical Activity Team:

getactive@n-somerset.gov.uk / 01275 882 730

